

Group Fitness

January 3rd 2012 - April 1st 2012



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Check out the Group Fitness Schedule on our new website: www.rochfamily.org & become a fan on Facebook

Monday	Tuesday	Wednesday	Thursday	Friday	
Group Strength Sara L-MPR 5:45am-6:30am	Cycle Charlie- CycleStudio 5:45am-6:40am	Raging Water Sara-Pool 5:45am-6:30am	Cycle Jessica-Cycle Studio 5:45am-6:40am	Yoga Mix Sara L - Balfour 5:45am-6:30am	KEY MPR Balfour Aquatics Cycle Studio
	CSI Patti-MPR 5:45am-6:30am	Cycle Charlie- CycleStudio 5:45am-6:40am	CSI Patti-MPR 5:45am-6:30am	Easy Water & Stretch Avin.- Pool 8:00am-8:45am	
Silver Sneakers® Muscular Strength & ROM Linda- Balfour 8:15am-9:00am	Silver Sneakers® Cardio Circuit Lisa N-Balfour 8:15am-9:00am	Silver Sneakers® Muscular Strength & ROM Linda-Balfour 8:15am-9:00am	Silver Sneakers® Cardio Circuit Lisa N-Balfour 8:15am-9:00am	Silver Sneakers® Muscular Strength & ROM De-Balfour 8:15am-9:00am	
Water Works Becky/Robin F/Ben Pool 9:15am-10:10am	Water Works Robin F.-Pool 9:15am-10:00am	Aqua Zumba® Megan- Pool 9:15am-10:10am	Water Works Lisa N.- Pool 9:15am-10:00am	Aqua Zumba Megan- Pool 9:15am-10:00am	
Zumba® Jen/Tamsin-MPR 9:15am-10:10 am	TurboKick® Becky/Robin H-MPR 9:15am-10:10am	Zumba® Robin H-MPR 9:15am-10:10am	CSI Jessica L-MPR 9:15am-10:10	Group Strength Monica-MPR 9:15am-10:10am	
Group Strength Pennie-Balfour 9:15am-10:10am	Pilates Mix Pennie-Balfour 9:15am-10:10am	Group Strength Jen/Alissa-Balfour 9:15am-10:10am	Belly Dance Rhoda -Balfour 9:30am-10:25am	Standing Core De-Balfour 9:00am-9:10am	
	Power Cut Robin F/Lisa N-MPR 10:15am-11:10am		Power Cut Jen B/Tamsin- MPR 10:15am-11:10am	Pilates Avin-Balfour 9:15am-10:10am	
	Cycle/Core Maureen- Cycle Studio, 9:15am-10:10am			Cycle/Core Pennie- Cycle Studio, 9:15am-10:10am	Saturday
Hard CORE Challenge Pennie-Balfour 10:15am-10:30am	Belly Dancing Rhoda- Balfour 10:15am-11:00am	Core Jen/Alissa-Balfour 10:15am-10:30am		Core Monica-Balfour 10:15am-10:30am	Water Works Rotate- Pool 8:30am-9:25am
Yoga Mix Maureen-MPR 10:40am-11:35am	Silver Sneakers® Muscular Strength & ROM De- Balfour 11:05am-11:55am	Qigong Bonnie- Balfour 10:35am-11:30am	Silver Sneakers® Muscular Strength & ROM Paula-Balfour 10:35am-11:30am	Zumba® Toning Megan-MPR 10:15am-11:00am	Zumba® Robin-MPR 8:35am-9:25am
Silver Sneakers® Cardio Circuit Robin F- Balfour 10:35am-11:30am	Tai Chi Patrick- MPR 11:15am-12:05pm	Yoga Sara A- MPR 11:15am-12:10pm		Gentle Stretch ChairYoga Avin-Balfour 10:35am-11:30am	Group Strength Valerie- MPR 9:30am-10:25am
Meditation Maureen-MPR 11:35am-11:45am	Tai Chi Level 2 Patrick-Balfour 12:10pm-12:55pm		Beginning Zumba® Paula-Balfour 11:35am-12:20pm	Just Breathe Avin-Balfour 11:30am-11:50am	Yoga Collette/Connie-MPR 10:30am-11:25am
Cycle Pennie- Cycle Studio, 12:00pm-12:45pm	Power Cut Pennie-MPR 12:10pm-12:55pm		Power Cut Lisa N-MPR 12:00pm-12:55pm	Cycle Monica- Cycle Studio, 12:00pm-12:45pm	Sunday
Power Qigong Bonnie-Balfour 4:30pm-5:25pm	Group Strength Patti-MPR 3:45pm-4:40pm		Group Strength Patti-MPR 3:45pm-4:40pm		Group Strength Rotate- MPR 12:00pm-12:45pm
Power Cut Alissa-MPR 4:35pm-5:25pm		Yoga Avin-Balfour 4:35pm-5:25pm			Yoga Connie-MPR 1:00pm-1:50pm
Interval Cycle Maureen- Cycle Studio 4:30pm-5:20pm	Circuit Body X Lisa G-MPR 5:30pm-6:25pm	Cycle Valerie- Cycle Studio 4:30pm-5:25pm	Zumba® Leslie-MPR 5:30pm-6:25pm	Zumba® Rotate-MPR 4:30pm-5:25pm	
Pilates Maureen-Balfour 5:30pm-6:25pm	Cycle Jessica- Cycle Studio, 5:30pm-6:25pm	Group Strength Rotate-MPR 4:30-5:25 pm	PIYo® Connie-Balfour 5:30pm-6:15pm		
Step Level 2 Robin H-MPR 5:30pm-6:25pm	Yoga Mix Connie-Balfour 5:00pm-5:55pm	Pilates Avin-Balfour 5:30pm-6:25pm	Belly Dance Grace -MPR 6:30 pm-7:25pm		
Zumba® Leslie-MPR 6:30pm-7:25pm	Belly Dancing Grace- Balfour 6:30pm-7:25pm				
Aqua Zumba® Megan- Pool 6:30pm-7:30pm	Deep Water Connie-Pool 6:30-7:15pm	Water Intervals Avin-Pool 6:30pm-7:15pm	Aqua Zumba® Megan- Pool 6:45pm-7:30 pm		
Yoga Mix Nicole-Balfour 6:30pm-7:25pm	Power Cut Lisa G-MPR 6:30pm-7:25pm				

If you have any questions regarding our group fitness classes, please contact Pennie at 507-287-2260 ext 333 or e-mail at pennie@rochfamily.org

Kettle Bell Classes

Tuesday's
10:20-10:50 am
January 17th-February 21st
Wednesday's
12:15-12:45 pm
4:00-4:30 pm
January 18th-February 22st
Thursday's
Advanced Class
5:30-6:15 pm
January 19th-February 23rd

New Lower prices