



## Monticello Group Fitness Schedule Fall 2021

Effective September 13<sup>th</sup>

**Club Hours:** Monday to Friday 5:00am to 10:00pm, Saturday 7:00am to 7:00pm, Sunday 7am to 2pm

**Kids Club Hours:** Monday thru Friday 9:00am to NOON & Monday thru Thursday 5:00pm to 8:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Full Body Circuit -BXS Megan <i>NEW!</i>			FIIT -BXS Raelynn <i>NEW!</i>		
8:30am					Silver Sneakers Classic -GX1 Kris		
9:00am	Silver Sneakers -GX1 Kim	Total Body Conditioning Cari	Silver & Fit -GX1 Michelle Core Fusion - YS Tami	POWER Flex - GX1 Tami		Body Pump® - GX1 Heather	
9:30am					Step-GX1 Mary Ellen		
10:00am		Dance Jam Cari					
10:15am	Yoga Fusion -YS Kim		Mindful Yoga-YS Kim		Hatha Yoga - YS Kris		
5:15pm	Body Pump® - GX1 Susan St.						
5:30pm		Zumba Toning-GX1 Cheryl <i>NEW!</i>	STRIKE -BXS Miranda <i>NEW!</i>	Butz & Gutz- GX1 Jen S <i>NEW!</i>			
6:30pm		SoulFusion - GX1 Cheryl		Zumba® - GX1 Cheryl			

YS=Yoga Studio

GX1=Studio 1

BXS=Boxing studio

Comments or Questions contact GX Director, Cheryl Vergara [cvergara@fitevomn.com](mailto:cvergara@fitevomn.com)

NOTE: Schedule is subject to change with short notice due to low attendance or inclement weather conditions



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## Buffalo Group Fitness Schedule Fall 2021

Effective September 13th

**Club Hours:** Monday to Thursday 5:00am to 11:00pm, Friday 5:00am to 10:00pm Saturday & Sunday 6:00am to 9:00pm

**Kids Club Hours:** Monday thru Saturday 8:00am to 1:30pm, Monday thru Thursday 4:00pm to 8:30pm, Friday 4:00pm to 8:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am		Body Pump® - GX1 Susie	Spynergy -GX2 Nancy OCTOBER	Body Pump® - GX1 George			
7:30 am	Water in Motion® Heather		Water in Motion® Jenny J		Aqua Core Heather	Body Pump® - GX1 Susie St./George	
8:15 am		Silver Sneakers -GX1 Kris	Zumba® - GX1 Cheryl	Silver Sneakers- GX1 Dara			
8:30 am	Spynergy – GX2 Tina		Spynergy – GX2 Tina	Core Fusion-GX2 Cari		SoulFusion -GX1 Cheryl (8:45)	
9:00 am	Aqua Circuit Dara	Deep Water Michelle	Aqua Barre Jenny J	Deep Water Michelle	Aqua Tabata Dara		
9:15 am	Body Pump® - GX1 Janet		Body Pump® - GX1 Janet	Kickbox Mashup-GX1 Cari	Body Pump® - GX1 Susie		
10:15 am		Hatha Yoga – GX1 Kris		PiYo Live EXP® - GX1 Michelle		Body Pump® - GX1 Cheryl (10:00)	
10:30 am	Silver & Fit -GX1 Michelle		Golden Yoga -GX1 Michelle		Be Fit -GX1 Susie		
11:00am				Golden Yoga -GX1 Michelle			
12:00 pm	PiYo Live 45 -GX1 Michelle	Body Pump EXP® -GX1 Michelle		Body Pump EXP® -GX1 Michelle			
4:30pm		Rumble -GX1 Heather OCTOBER		Tabata -GX1 Tina OCTOBER			
5:15 pm	Hatha Yoga- GX1 Kris		Butz & Gutz- GX1 Heather				
5:30 pm				MIXX -GX1 Jen D			Body Pump® -GX1 Heather
6:15 pm	Body Pump® - GX1 Cheryl	Zumba® - GX1 Jen S (6:30)	Body Pump® - GX1 Susie St.				
7:30pm	SoulStrength /Flow -GX1 Cheryl						

Comments or Questions contact GX Director, Cheryl Vergara [cvergara@fitevomn.com](mailto:cvergara@fitevomn.com)

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