



Chaska Community Center

Group Fitness Classes—SUMMER 2009



beginning June 6

	MON	TUE	WED	THU	FRI	SAT
5:30-6:30	Body Work Susan W		Body Work Susan W		Body Work Mary W	
8:00-8:55		SS-Splash Carisa P		SS-Splash Carisa P		
8:30-9:15	SS-MSROM Carisa W	SS-Cardio Circuit Susan W	SS-Cardio Circuit Susan W	SS-YogaStretch Paulette W	SS-MSROM Megan W	
8:30-9:30						Instructor's Choice ☉ Rotate W
9:30-10:30	Step/Strength ☉ Leanne W	TBC ☉ Kelli H. W	CYCLE/Yoga ☉ Catherine W	Body Work ☉ Carisa W	TBC ☉ Catherine W	
10:45-11:30	Seniorcize ☉ Ben W	Fit Yoga ☉ Susan W	Seniorcize ☉ Ben W	Fit Yoga ☉ Susan W	SS-Cardio Fit ☉ Susan W	
11:45-12:05		Rock Your CORE FREE!! ☉ Susan W		Rock Your CORE FREE!! ☉ Susan W		
5:30-6:30		TBC ☉ Tricia W	CYCLE/Strength ☉ Ben W	TBC ☉ Tricia W		
6:45-7:45	Fit Yoga ☉ Michelle W		Fit Yoga ☉ Michelle W			
Group X Classes: \$4.25 Mem / \$5.25 NonMem / FREE for Premier ☉ Childcare available P F W Lap Pool, Fitness Studio, Wellness Studio						

Are you new in our Group X classes??? Get started!

