

# November group fitness class schedule

MONDAY	CLASS	Instructor	Location
5:35 am	Barre Principle	Chris	Studio 2
8:30 am	Fitness Pilates	Perry	Studio 2
9:30 am	Total Body Workout	Katelyn	Studio 1
11:15 am	Yin/Restorative Yoga	Scott	Studio 2
4:30 pm	Fitness Pilates	Wendy	Studio 2
5:45 pm	The Groove	Jen	Studio 1
6:30 pm	Yin/Restorative Yoga	Chelsey	Studio 2

TUESDAY	CLASS	Instructor	Location
5:35 am	The Resistance Workout	Chris	Studio 1
8:30 am	Power Pump	Mary	Studio 1
9 am	Aqua Fit	Meg	Pool
9 am	Power Yoga	Beth	Studio 2
9:45 am	Step Cardio	Mary	Studio 1
4:30 pm	Cycle Training	Mary	Studio 3
5:30 pm	Power Strength	Katelyn	Studio 1
6:30 pm	Aqua Fit	Connie	Pool

WEDNESDAY	CLASS	Instructor	Location
5:35 am	Total Body Workout	Chris	Studio 1
9 am	Fitness Pilates	Perry	Studio 2
10 am	Barre Principle	Maria	Studio 2
4:30 pm	Total Body Workout	Mary	Studio 1
5:30 pm	Power Yoga	Mary	Studio 2
6:30 pm	Cardio Kickboxing	Perry	Studio 1

THURSDAY	CLASS	Instructor	Location
5:35 am	The Resistance Workout	Chris	Studio 1
8:30 am	Power Pump	Denise	Studio 1
8:45 am	TRX® (45 min)	Mary	Studio 2
9 am	Aqua Fit	Sue	Pool
9:45 am	Step Cardio	Mary	Studio 1
4:30 pm	Yoga Basics	Scott	Studio 2
5:30 pm	Barre Principle	Sarah	Studio 2

FRIDAY	CLASS	Instructor	Location
5:35 am	Total Body Workout	Chris	Studio 3
8:30 am	Power Yoga	Beth	Studio 2
9 am	Aqua Fit	Sue	Pool
9:30 am	Cardio Kickboxing	Perry	Studio 1
10:45 am	Yin/Restorative Yoga	Scott	Studio 2
4:30 pm	Zumba®	Jan	Studio 1

SATURDAY	CLASS	Instructor	Location
8:30 am	Barre Principle	Sarah	Studio 2
8:45 am	Zumba®	Jan	Studio 1
9:30 am	Fitness Pilates	Sarah	Studio 2

SUNDAY	CLASS	Instructor	Location
9 am	Power Yoga	Beth	Studio 2
11:30 am	Total Body Workout	Wendy	Studio 1

## Group fitness policies

- **Reservations required for all Group Fitness classes except Aqua Fit**
- Make a reservation at shoreviewmn.gov
- Classes with fewer than three participants will be canceled due to low enrollment



Scan for class information

Effective: 11/1/24

# Group x card

## Process

- **To start:** purchase Group x card at the parks & recreation desk in-person or over the phone at 651-490-4750 during office hours (M - F, 8 am - 4:30 pm)
- **To use:** Reserve your spot in class online at shoreviewmn.gov. Check-in with the instructor. Outdoor classes check-in at the pavilion.
- Classes never expire. Reload more over the phone or with parks & recreation.
- **Questions?** Contact parks & recreation: 651-490-4750, recreation@shoreviewmn.gov

## Pricing effective January 1, 2024

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$54	\$38	\$49	\$34
10 classes	\$104	\$73	\$95	\$67
25 classes	\$255	\$179	\$232	\$162
50 classes	\$488	\$342	\$443	\$310

There is one Group x card allowed per individual. Cards are non-refundable and non-transferrable. Member discount applies to annual memberships only. One-time drop-in passes are available for purchase at the lower service desk the day of class.

Pricing subject to change.