

# Fitness Studio Classes

## 2015 session dates

Winter A: Jan. 12 to Feb. 20  
 Winter B: Feb. 23 to April 3

**Spring A: April 6 to May 15**  
 Spring B: May 18 to June 26

### Spring A calendar:

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00			<b>Chair Yoga</b> 9-9:55 a.m.		<b>Tai Chi for Beginners</b> 9-9:55 a.m.
9:30	<b>Gentle Yoga</b> 9:30-10:25 a.m.		Theresa		Kimberly
10:00	Theresa		<b>Beginner's Yoga</b> 10-10:55 a.m.		
10:30			Theresa		
11:00		<b>Basic Fitness</b> 11-11:55 a.m.	<b>Bone &amp; Balance</b> 11-11:55 a.m.	<b>Basic Fitness</b> 11-11:55 a.m.	<b>Bone &amp; Balance</b> 11-11:55 a.m.
11:30		PT	PT	Joy	PT

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30					
4:00				<b>Cardio &amp; Core</b> 4-4:55 p.m.	
4:30				Joy	
5:00	<b>Beginner's Yoga</b> 5-5:55 p.m.	<b>Healthy Back</b> 5-5:55 p.m.	<b>Beginner's Yoga</b> 5-5:55 p.m.	<b>Healthy Back</b> 5-5:55 p.m.	
5:30	Lindsey	PT	Lindsey	PT	
6:00	<b>Restorative Yoga</b> 6-6:55 p.m.		<b>Prenatal Yoga</b> 6-6:55 p.m.	<b>Tabata</b> 6-6:55 p.m.	
6:30	Lindsey		Lindsey	Joy	



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