

# groupfitness

FALL 2009 | September 14 – December 13  
all facilities will be closed November 26 and 27

MINNEAPOLIS

## Minneapolis Recreation Complex (Class and Instructor Schedule)

- All classes are 60 minutes unless otherwise marked in parenthesis
- All Cardiovascular/Strength classes are held in the North Gym unless otherwise noted
- All Yoga/Pilates classes are held in Cooke Hall 308 unless otherwise noted
- All Indoor Cycling classes are held in the South Courts Corridor

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15am	Ride-N-Run (90 MIN) Annette						
6:45am	CSI Sam		GOT-Bosu Kiersten				
	Hatha Yoga (75 MIN) Ngoelan	Spin Alli	Spin Express (45 MIN) Annette/Leigh	Spin Express (45 MIN) Leigh	Spin Jordan		
7:45am	Spin Express (45 MIN) Erin	Fit Yoga Lisa L.		Fit Yoga Lisa L.			
10:15am						Spin Erin	
11:00am					Pilates Ariel		
11:15am			Spin 101 (30 MIN) Robyn				Hatha Yoga (75 MIN) Lindy
			GOT-Bosu Express (45 MIN) Alex				
12:00pm	Comp. Conditioning Kiersten	TNT Ethan	ZUMBA Bree	TNT Lisa M.	CSI Alex	TNT Linda	Butts-N-Guts (45 MIN) Linda
	Spin Janet	The Ride Annette	Spin Lisa L.	Spin Robyn	Spin Leigh		
	Yoga Flow Ariel	Yoga Flow Jude	Hatha Yoga (75 MIN) Ngoelan	Kundalini Yoga Stacey	Yoga Flow Jude		
1:00pm						Complete Core (30 MIN) Linda	
3:00pm					Cardio Dance Rachel	Hatha Yoga (75 MIN) Lindy	Ride 60 (Oct 18) Ride 75 (Nov 8) Ride 90 (Nov 29)
4:30pm					Spin Leon		
5:15pm	ZUMBA® Bree	Cardio Kickboxing Leon	Sweatshop Express (45 MIN) Jennie	Step Challenge Samantha			
	Heat (75 MIN) Leon	Spin Erin	The Ride Robyn	High Gear (75 MIN) Alli			
	Yoga Flow Liz A		Fit Yoga Liz A.				
5:30pm							Spin Alli

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**PLEASE NOTE:**

Classes are held on a first come, first serve basis.

All classes are subject to cancellation if participation numbers are consistently less than 4

Always consult a physician prior to starting any exercise program.



The FITPASS is an unlimited semester pass that includes all cardio, strength, spin and mind-body classes. The FITPASS is not valid for Recreational Sports water aerobic classes.

Passes are non-refundable after the first week of classes, non-transferable and are only valid for one semester.

Participants may purchase a FITPASS at either the Member Service Office at the University Recreation Center or at the front desk of the St. Paul Gymnasium.

**QUESTIONS, COMMENTS? CONTACT US!**

EMAIL: [aerobic@umn.edu](mailto:aerobic@umn.edu)

FITNESS PROGRAMS OFFICE: 612-626-9241

WEBSITE: [www.recsports.umn.edu/fitness](http://www.recsports.umn.edu/fitness)

**FEE STRUCTURE**

	MEMBER	NON-MEMBER
daily pass	\$5	\$8
semester FitPass*	\$55	\$80

\*FitPasses are discounted halfway through the fall and spring semesters (summer semester excluded). At almost 50% off, this deal can't be beat!