

# October fitness class schedule

Effective: 10/1/20

MONDAY		Instructor	Location
5:35 am	HIIT (starts Nov 2)	Chris	Studio 1
8:30 am	60/40 Cardio (starts Oct 19)	Perry	Studio 1
10 am	Fitness Pilates	Perry	Studio 2
11:45 am	Yin/Restorative Yoga (starts Oct 19)	Katie	Studio 2
5:30 pm	Total Body Workout (starts Oct 19)	Wendy	Studios 3-4
6:30 pm	The Groove (starts Oct 26)	Jen	Studio 1
TUESDAY			
5:35 am	The Resistance Workout	Chris	Studio 1
8 am	Aqua Fit	Meg	Pool
8:30 am	Power Yoga (starts Oct 6)	Gretchen	Studio 2
9 am	Power Pump	Mary	Studio 1
10:30 am	Step Cardio	Mary	Studio 1
1 pm	Water Stretch Therapy	Fran	Pool
5:30 pm	Yoga/Pilates Fusion	Sarah	Studio 2
6:30 pm	Aqua Fit	Mary	Pool
WEDNESDAY			
5:35 am	Total Body Workout	Chris	Studio 1
9:30 am	HIIT (starts Oct 7)	Kathy	Studio 1
6:30 pm	Cardio Kickboxing	Perry	Studio 1
THURSDAY			
5:35 am	The Resistance Workout	Chris	Studio 1
9 am	Aqua Fit	Sue	Pool
9 am	Power Pump	Perry	Studio 1
4:30 pm	HIIT	Lindsey	Studios 3-4
6 pm	Yin/Restorative Yoga	Adrienne	Studio 2
FRIDAY			
5:35 am	Total Body Workout	Chris	Studios 3-4
9 am	Aqua Fit	Sue	Pool
8:30 am	The Resistance Workout	Adrienne	Studio 1
8:30 am	Power Yoga	Scott	Studio 2
10 am	Cardio Kickboxing	Perry	Studio 1
SATURDAY			
8 am	Total Body Workout	Mike	Studios 3-4
8:30 am	Zumba	Jan	Studio 1
9:30 am	Yin/Restorative Yoga	Adrienne	Studio 2
SUNDAY			
8:30 am	Cycle Training (starts Nov 1)	Mike	Studio 4

## Safety policies

Policies in place until further notice:

- Wear a mask at all times (except in the pool or during fitness class)
- Practice social distancing and stay six feet away from others
- Wash hands frequently and stay home if sick
- Bring your own bottle filled with water
- Wipe equipment before and after use
- Fitness participants must sign up for class in advance at [shoreviewmn.gov](http://shoreviewmn.gov) and check-in with instructor

# Group x card

## Temporary 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. Kiosks are off until further notice. Check-in with the instructor. Outdoor classes check-in at the pavilion.
- Classes never expire. Reload more online or with parks & recreation.
- **Questions?** Contact parks & recreation: 651.490.4750, recreation@shoreviewmn.gov

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$44	\$30	\$40	\$28
10 classes	\$86	\$60	\$78	\$55
25 classes	\$214	\$150	\$194	\$137
50 classes 5% discount included in price	\$404	\$284	\$368	\$258

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