



**MINNEAPOLIS**  
**Recreation & Wellness Center**  
**May 22 - August 11 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6:45am</b>	<b>Yoga Flow</b> Sarah S > MP 6 <b>Cycle Express</b> Lara > Studio	<b>Total Body Strength</b> Desyreé > MP 3/4	<b>Power Yoga</b> Ariel > MP 6 <b>Cycle Express</b> Sam > Studio	<b>HIIT</b> Desyreé > MP 3/4 <b>Yoga Flow</b> Jay > MP 6	<b>Power Yoga</b> Sarah > MP 6 <b>Cycle Express</b> Lara > Studio		
<b>10:00am</b>						<b>Yoga Flow</b> Sarah > MP 6	
<b>12:00pm</b>	<b>TRX Express</b> Sam > MP 3/4 <b>Pilates</b> Ginny > MP 1/2	<b>Zumba</b> Ariel > MP 1/2 <b>HIIT Express</b> Sarah G > MP 3/4 <b>Cycle Express</b> Rabia > Studio	<b>Yoga Sculpt</b> Bonnie > MP 3/4 <b>Kundalini Yoga</b> Stacey > Beacon Rm	<b>Zumba</b> Deanne > MP 1/2 <b>Power Yoga</b> Ariel > Beacon Rm	<b>Shockwave</b> Greg > MP 3/4 <b>Yoga Flow</b> Anna B > Beacon Rm	<b>Zumba</b> Ariel > Beacon Rm	
<b>4:00pm</b>					<b>Zumba</b> Evgeniya > Beacon Rm		
<b>4:45pm</b>	<b>Power Yoga</b> Jay > MP 6		<b>HardCORE (30)</b> Courtney > MP 3/4 <b>Belly Dancing</b> Ariel > MP 6 <b>Power Yoga</b> Jay > Beacon Rm				
<b>5:00pm</b>	<b>Cycle Express</b> Anna B > Studio	<b>HIIT Express</b> Emily > MP 3/4	<b>Cycle Express</b> Rabia > Studio	<b>Total Body Strength Express</b> Emily > MP 3/4			
<b>5:30pm</b>	<b>HIIT</b> Courtney > MP 3/4	<b>Aqua Zumba</b> Nicole > Cooke 10	<b>Total Body Strength</b> Courtney > MP 3/4	<b>Zumba</b> Nicole > Beacon Rm			
<b>6:00pm</b>		<b>Total Body Strength</b> Marin > MP 3/4 <b>Zumba</b> Julia P > Beacon Rm	<b>Zumba</b> Julia P > Beacon Rm	<b>Cardio Kickboxing</b> Marin > Cooke 308 <b>Pilates</b> Andy > MP 6			
<b>6:30pm</b>	<b>Zumba</b> Harika > Beacon Rm <b>Yoga Flow</b> Sammy > MP 6	<b>Yoga Flow</b> Sammy > MP 6		<b>HIIT</b> Julia L > MP 3/4			

**Locations**

<b>Studio</b>	Lower Level
<b>MP1-MP4</b>	2nd Floor
<b>Beacon Room</b>	2nd Floor
<b>MP6-MP7</b>	4th Floor
<b>Cooke 10</b>	North Pool
<b>Cooke 308</b>	3rd Floor

- Classes are held on first come, first serve basis
- Schedule subject to change during University Holidays and Closures, including May 29 & July 4
- Consult a physician before starting any exercise program
- Please note that Express classes are 45 minutes