# Summer Group Fitness

**st. paul gym**  
**May 31 - Aug 19**

<table>
<thead>
<tr>
<th>Day</th>
<th>12:00pm</th>
<th>4:00pm</th>
<th>5:15pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>Les Mills Virtual Body Pump 60 min</td>
<td>Water Aerobics w/ Birgit 45 min</td>
<td>Les Mills Virtual Body Pump 60 min</td>
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<td></td>
<td></td>
<td>Les Mills Virtual Body Pump 60 min</td>
<td>Pilates w/ Ginny 45 min</td>
</tr>
<tr>
<td>Tues</td>
<td>Les Mills Virtual Body Pump 60 min</td>
<td>Yoga Flow w/ Nadia 45 min</td>
<td>Yoga Flow w/ Nadia 45 min</td>
</tr>
<tr>
<td>Wed</td>
<td>Water Aerobics w/ Birgit 45 min</td>
<td>Les Mills Virtual Body Pump 60 min</td>
<td>Yoga Flow w/ Nadia 45 min</td>
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<tr>
<td>Thurs</td>
<td></td>
<td>Pilates w/ Ginny 45 min</td>
<td>Yoga Flow w/ Nadia 45 min</td>
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<tr>
<td>Fri</td>
<td>Les Mills Virtual Body Pump 60 min</td>
<td>Les Mills Virtual GRIT 60 min</td>
<td>HiIT w/ Sydney L 45 min</td>
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</tbody>
</table>

## Class Color Key:
- Water Aerobics
- Pilates
- Yoga Flow
- HIIT
- Les Mills Body Flow
- Les Mills Body Pump
- Les Mills Body Combat
- Les Mills GRIT

## Before going to class:
1. **Purchase a FitPass ($35)**  
   shoprecwell.umn.edu
2. **Find a class you love and register for it on shoprecwell.umn.edu**
3. **Show up 5-10 minutes before your class begins. Start sweating and have fun!**

**Q:** What should I bring?  
**A:** Just a water bottle!  
All equipment is supplied by your teacher.