**st. paul group fitness**

**FALL 2022**
**sept 6 - dec 16**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:45 am</td>
<td>Drop-in Les Mills Virtual Classes Studio all day</td>
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<tr>
<td>12:00 pm</td>
<td>Water Aerobics w/ Birgit Pool 60 min</td>
<td>HIIT w/ Emily K Studio 60 min</td>
<td>HIIT w/ Emily K Studio 60 min</td>
<td>Water Aerobics w/ Birgit Pool 60 min</td>
<td>Water Aerobics w/ Birgit Pool 60 min</td>
<td>HIIT w/ Sydney L Studio 60 min</td>
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<tr>
<td>4:00 pm</td>
<td>Cardio Dance w/ Deanne F Studio 60 min</td>
<td>Cardio Dance w/ Jenni Studio 60 min</td>
<td>Pilates w/ Ginny Studio 60 min</td>
<td>Cardio Dance w/ Jenni Studio 60 min</td>
<td>Cardio Dance w/ Jenni Studio 60 min</td>
<td>HIIT w/ Sydney L Studio 60 min</td>
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<tr>
<td>5:15 pm</td>
<td>Water Aerobics w/ Birgit Pool 60 min</td>
<td>HIIT w/ Emily K Studio 60 min</td>
<td>HIIT w/ Emily K Studio 60 min</td>
<td>Water Aerobics w/ Birgit Pool 60 min</td>
<td>Water Aerobics w/ Birgit Pool 60 min</td>
<td>HIIT w/ Sydney L Studio 60 min</td>
</tr>
</tbody>
</table>

**Class Color Key:**
- Water Aerobics
- Cardio Dance
- HIIT
- Virtual LesMills Classes
- Pilates

**Before going to class:**

1. **Purchase a FitPass ($40)**
   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? As: Just a water bottle and your mask! All equipment is supplied by your teacher.

**scan for a FitPass**

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