

GROUP X

Chaska Community Center

Group Fitness Classes - SUMMER 2010 begins 6.12.2010

	MON	TUE	WED	THU	FRI	SAT																
5:30-6:30	Body Work Susan W		Body Work Susan W		Body Work Mary W																	
8:00-8:55		SS-Splash Tracy P		SS-Splash Tracy P																		
8:30-9:15	SS-MSROM Susan W	SS-Cardio Circuit Carisa W	SS-MSROM Carisa W	SS-YogaStretch Paulette W	SS-MSROM Erin W																	
8:30-9:15			SS-Cardio Fit Susan F																			
CCC DAYCARE AVAILABLE during classes below this line																						
8:30-9:30						Instructor's Choice Rotate W																
9:30-10:15		SS-YogaStretch Paulette F																				
9:30-10:30			Mat Pilates Angie F																			
9:30-10:30	Step/Strength Leanne W	TBC Kelli H. W	Kettlebells 9:30-10:00 Carisa W	Body Work Carisa W	TBC Catherine W																	
10:45-11:30		Fit Yoga Susan W		Fit Yoga Susan W																		
FREE Fitness Lunch	11:45-12:05	Rock Your CORE FREE!! Susan W		Rock Your CORE FREE!! Susan W																		
	5:30-6:30		CYCLE/Strength Ben W	TBC Erin W																		
	6:45-7:45	Fit Yoga Michelle W	Fit Yoga Michelle W																			
						<table border="1"> <thead> <tr> <th colspan="2">FEES/Class</th> </tr> </thead> <tbody> <tr> <td>Kettlebells</td> <td>\$3.00M/\$4.00NM</td> </tr> <tr> <td>All Others</td> <td>\$4.25M/\$5.25NM</td> </tr> <tr> <td>Premier Members</td> <td>ALL FREE</td> </tr> <tr> <td>SS Members</td> <td>SS classes FREE</td> </tr> <tr> <td>P</td> <td>Pool</td> </tr> <tr> <td>W</td> <td>Wellness Studio</td> </tr> <tr> <td>F</td> <td>Fitness Studio</td> </tr> </tbody> </table>	FEES/Class		Kettlebells	\$3.00M/\$4.00NM	All Others	\$4.25M/\$5.25NM	Premier Members	ALL FREE	SS Members	SS classes FREE	P	Pool	W	Wellness Studio	F	Fitness Studio
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Are you new in our Group X classes??? Get started!



