

GROUP X

Chaska Community Center

Group Fitness Classes - SPRING 2012

Summer Schedule will be available in June

	MON	TUE	WED	THU	FRI	SAT								
5:30-6:30	Body Work Erin		Body Work Erin		Body Work Mary									
8:30-9:15	SS-MSROM Erin	SS-Cardio Circuit Erin	SS-MSROM Carisa	SS-YogaStretch Paulette	SS-MSROM Paulette									
8:30-9:15		SS-Splash Tammy	SS-Cardio Fit Susan	SS-Splash Tammy										
CCC DAYCARE AVAILABLE during classes below this line														
8:30-9:30						Instructor's Choice Rotate								
9:30-10:00	Kettlebells Allison													
9:30-10:30	Step/Strength Leanne	Body Work Carisa	Kettlebells/CYCLE Allison	Body Work Carisa	TBC Angie									
9:30-10:30			Mat Pilates Angie											
10:45-11:30	Fit Yoga Susan				Fit Yoga Susan									
11:45-12:05	Rock Your CORE FREE!! Susan				Rock Your CORE FREE!! Susan									
FEES/Class														
<table border="1"> <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> </table>							Kettlebells	\$3.00M/\$4.00NM	All Others	\$4.25M/\$5.25NM	Premier Members	All FREE	SS Members	SS classes FREE
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5:30-6:30		TBC Kristian	CYCLE/Strength Ben	TBC Allison										
6:45-7:45	Fit Yoga Michelle			Fit Yoga Michelle										

Are you new in our Group X classes??? Get started!

