

GROUP X

Chaska Community Center

Group Fitness Classes - WINTER 2010 begins Jan 4

	MON	TUE	WED	THU	FRI	SAT
5:30-6:30	Body Work Susan W		Body Work Susan W		Body Work Mary W	
8:30-9:15	SS-MSROM Susan W	SS-Cardio Circuit Carisa W	SS-MSROM Carisa W	SS-YogaStretch Paulette F	SS-MSROM Erin W	
8:30-9:15			SS-Cardio Fit Susan F			
7:45-8:15						Kettlebells * Rotate F
CCC DAYCARE AVAILABLE during classes below this line						
8:30-9:30						Instructor's Choice Rotate W
9:30-10:00		Kettlebells * Carisa R		Kettlebells * Colleen F		
9:30-10:15		SS-YogaStretch Paulette F				
9:30-10:30	Step/Strength Leanne W	TBC Kelli H. W	CYCLE/Yoga Catherine W	Body Work Carisa W	TBC Catherine W	
9:30-10:30		SS-Splash Tracy P		SS-Splash Tracy P		
10:00-10:30	Kettlebells * Kelli H. F					
10:45-11:30	Seniorcize Ben W		Seniorcize Ben W			
10:45-11:30	Mat Pilates Angie F	Fit Yoga Susan W	Mat Pilates Angie F	Fit Yoga Susan W	Yoga Sculpt Catherine F	
11:45-12:05		Rock Your CORE FREE!! Susan W		Rock Your CORE FREE!! Susan W		
11:45-12:15	CYCLE 30 FREE!! Amy W					
5:20-5:50			Kettlebells * Kelly J. F			
5:30-6:30		TBC Erin W		TBC Erin W		
5:45-6:30	CYCLE 45 Dave W		CYCLE 45 Ben W			
6:00-7:00	Aqua Challenge TBD P		Aqua Challenge Kelly J. P			
6:45-7:45	Fit Yoga Michelle W	CYCLE/Strength Ben W	Fit Yoga Michelle W			

FEES/Class	
Kettlebells	\$3.00M/\$4.00NM
All Others	\$4.25M/\$5.25NM
Premier Members	All FREE
SS Members	SS classes FREE
P	Pool
R	Raquetball Ct 2
W	Wellness Studio
F	Fitness Studio
*	Bring your own Kettlebells

FREE
Fitness
Lunch

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

- 1** Choose your class. Descriptions are on the back side.
- 2** Pay your class fee at the CCC Front Desk—get a receipt. Premier members: your Group X classes are FREE!
- 3** Bring your receipt to the Studio/Pool and place it in the white basket on the sound system.
- 4** Introduce yourself to the instructor. It takes several classes to learn the moves and build intensity. Find great energy and motivation from exercising with others.
Now, WORKOUT!