



Group Fitness Class Schedule

~ JULY 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>WEBSITE inchargefitnesscenter.com</p> <p>LIKE US ON FACEBOOK!!</p> 	<p>Classes are subject to change throughout the year</p>	<p>1 Oldies but Goodies Chair Yoga 8.15am-9.00am</p>	<p>2 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm</p>	<p>3</p>	<p>4 Oldies but Goodies Circuit Training CANCELLED</p>	<p>5 Basic Yoga 7.00am-7.45am Cardio, Lift & Tone 8.00am-9.00am</p>
<p>6</p>	<p>7 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>	<p>8 Oldies but Goodies Chair Yoga 8.15am-9.00am</p>	<p>9 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm</p>	<p>10</p>	<p>11 Oldies but Goodies Circuit Training 8.15am-9.00am</p>	<p>12 Basic Yoga 7.00am-7.45am Cardio, Lift & Tone 8.00am-9.00am</p>
<p>13</p>	<p>14 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>	<p>15 Oldies but Goodies Chair Yoga 8.15am-9.00am</p>	<p>16 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm</p>	<p>17</p>	<p>18 Oldies but Goodies Circuit Training 8.15am-9.00am</p>	<p>19 Basic Yoga 7.00am-7.45am Cardio, Lift & Tone 8.00am - 9.00am</p>
<p>20</p>	<p>21 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>	<p>22 Oldies but Goodies Chair Yoga 8.15am-9.00am</p>	<p>23 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm</p>	<p>24</p>	<p>25 Oldies but Goodies Circuit Training 8.15am-9.00am</p>	<p>26 Basic Yoga 7.00am-7.45am Cardio, Lift & Tone 8.00am - 9.00am</p>
<p>27</p>	<p>28 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm</p>	<p>29 Oldies but Goodies Chair Yoga 8.15am-9.00am</p>	<p>30 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm</p>	<p>31</p>	<p>OPEN 24/7 PHONE # 444-8138</p>	<p>Staff Summer Hours Mon-Thurs 7am-3pm Friday CLOSED CALL FOR APPOINTMENT SABRINA 218-308-3034</p>

OLDIES BUT GOODIES CHAIR YOGA (Tuesdays)

Practice yoga by using a chair for support. No floor work! You will get plenty of strengthening, balancing and aligning. Designed for adults with limited mobility or recovering from injury. SilverSneakers and Silver & Fit are welcome!

OLDIES BUT GOODIES CIRCUIT TRAINING (Fridays)

Move to the Music! A fun class designed to increase strength and range of motion. Move to music with variety of exercises using weights, elastic bands, and balls. A chair may be used for some exercises. SilverSneakers and Silver & Fit are welcome!

Instructor: Dionne Daly **Email or call to register**
dionne@inchargefitnesscenter.com | 218-766-9262

YOGA – LEVEL 1-2 (Mondays, Wednesdays)

No Prior Yoga Experience Necessary

Can yoga be fun? Ours is! Release stress, smile and even laugh, yes! We are not about perfecting poses but building strength and flexibility. Each class is personalized and tailored to your areas of sensitivity or pain. Dionne Daly is the Bemidji Lakes Area premier certified yoga instructor. Get your focus on now! Mature children welcome.

BASIC YOGA (Saturdays) **Open To All Levels**

It is a fun paced class. Build strength and flexibility with a flowing sequence of postures designed to connect your breath to movement and body and mind. Modifications are given to new yogis and challenging options to more seasoned practitioners.

Instructor: Dionne Daly **Email or call to register**
dionne@inchargefitnesscenter.com | 218-766-9262

CARDIO, LIFT & TONE – LEVEL 2-3 (Mondays, Wednesdays, Saturdays)

Burn some calories with this high intensity one hour workout! We combine different types of cardio exercises, adding strength training and resistance moves for arm, leg and core toning. We use everything from weights and bands to the stability ball. Don't be afraid to try something new!

Instructor: Melanie Schmidt

Non-Members - \$5.00 Each Class

PUNCH CARDS

6 Classes for \$30

10 Classes for \$45

***Classes are free
to all InCharge
Members!!!***