



# Group Fitness Class Schedule

~ October 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Classes are subject to change throughout the year	PHONE 444-8138	OPEN 24/7 Staff Hours Mon-Thurs 7am - 5pm Friday 7am - 1pm	1 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	2	3 Oldies but Goodies Circuit Training 9.15am-10.00am	4 Cardio, Lift & Tone 8.00am-9.00am Basic Yoga 11.00am-11.45am
			5	6 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	7 Oldies but Goodies Chair Yoga 9.15am-10.00am	8 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm
12	13 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	14 Oldies but Goodies Chair Yoga 9.15am-10.00am	15 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	16	17 Oldies but Goodies Circuit Training 9.15am-10.00am	18 Cardio, Lift & Tone 8.00am - 9.00am Basic Yoga 11.00am-11.45am
19	20 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	21 Oldies but Goodies Chair Yoga 9.15am-10.00am	22 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	23	24 Oldies but Goodies Circuit Training 9.15am-10.00am	25 Cardio, Lift & Tone 8.00am - 9.00am Basic Yoga 11.00am-11.45am
26	27 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	28 Oldies but Goodies Chair Yoga 9.15am-10.00am	29 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	30	31 Oldies but Goodies Circuit Training 9.15am-10.00am  HAPPY HALLOWEEN!!!!	<p><b>WEBSITE</b> inchargefitnesscenter.com</p> <p> LIKE US ON FACEBOOK!!!</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](mailto: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.

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**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!!!***