



Group Fitness Class Schedule

~ November 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Classes are subject to change throughout the year	PHONE 444-8138	<u>Staff Hours</u> Mon-Thurs 7am - 5pm Friday 7am - 1pm	OPEN 24/7	 LIKE US ON FACEBOOK!!	<u>WEBSITE</u> Inchargefitnesscenter.com	1 Cardio, Lift & Tone 8.00am-9.00am Basic Yoga 11.00am-11.45am
2	3 Tabata 4.15pm - 4.45pm Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	4 Oldies but Goodies Chair Yoga 9.15am-10.00am Tabata 4.15pm - 4.45pm	5 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm	6 RIPPED 6.15am - 7.00am	7 Oldies but Goodies Circuit Training 9.15am-10.00am	8 Cardio, Lift & Tone 8.00am - 9.00am Basic Yoga CANCELLED
9	10 Tabata 4.15pm - 4.45pm Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	11 Oldies but Goodies Chair Yoga 9.15am-10.00am Tabata 4.15pm - 4.45pm	12 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	13 RIPPED 6.15am - 7.00am	14 Oldies but Goodies Circuit Training 9.15am-10.00am	15 Cardio, Lift & Tone 8.00am - 9.00am Basic Yoga 11.00am-11.45am
16	17 Tabata 4.15pm - 4.45pm Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	18 Oldies but Goodies Chair Yoga 9.15am-10.00am Tabata 4.15pm - 4.45pm	19 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	20 RIPPED 6.15am - 7.00am	21 Oldies but Goodies Circuit Training 9.15am-10.00am	22 Cardio, Lift & Tone 8.00am - 9.00am Basic Yoga 11.00am-11.45am
23, 30	24 Tabata 4.15pm - 4.45pm Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	25 Oldies but Goodies Chair Yoga 9.15am-10.00am Tabata 4.15pm - 4.45pm	26 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	27 RIPPED CANCELLED 	28 Oldies but Goodies Circuit Training CANCELLED	29 Cardio, Lift & Tone 8.00am - 9.00am Basic Yoga CANCELLED

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

TABATA (Mondays, Tuesdays)

Tabata is a high intensity interval workout great for those who have limited time. Tabata involves a cycle of various movements for a short duration of time. All exercises can be modified to adapt to any fitness level.

Instructor: Wendy Potratz

RIPPED (Thursdays)

RIPPED will get your body moving with an easy to follow, high energy cardio routine that incorporates weight resistance, plyometrics, coordination and endurance to high energy music. This One Stop Body Shock will transform your body.

Instructor: Cathy Marcotte

Non-Members - \$5.00 Each Class

PUNCH CARDS

6 Classes for \$30

10 Classes for \$45

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