



Group Fitness Class Schedule

~ December 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Classes are subject to change throughout the year	1 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	2 Basic Yoga 9.00am-9.45am	3 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm	4 RIPPED 6.15am - 7.00am	5	6 Cardio, Lift & Tone 8.00am-9.00am	
	7	8 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	9 Basic Yoga 9.00am-9.45am	10 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm	11 RIPPED 6.15am - 7.00am	12	13 Cardio, Lift & Tone 8.00am - 9.00am
	14	15 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	16 Basic Yoga 9.00am-9.45am	17 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	18 RIPPED 6.15am - 7.00am	19	20 Cardio, Lift & Tone 8.00am - 9.00am
	21	22 Cardio, Lift & Tone 5.30pm-6.30pm Yoga CANCELLED	23 Basic Yoga CANCELLED	24 Cardio, Lift & Tone CANCELLED Yoga 7.15pm-8.00pm	25 RIPPED CANCELLED	26	27 Cardio, Lift & Tone 8.00am - 9.00am
	28	29 Cardio, Lift & Tone 5.30pm-6.30pm Yoga CANCELLED	30 Basic Yoga CANCELLED	31 Cardio, Lift & Tone CANCELLED Yoga CANCELLED	<p>OPEN 24/7</p>		<p>Staff Hours Mon-Thurs 7am - 5pm Friday 7am - 1pm</p> <p>PHONE 218-444-8138</p>
						<p>WEBSITE Inchargefitnesscenter.com</p> <p> LIKE US ON FACEBOOK11</p>	

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 (Tuesdays) 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

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!!!***