



Group Fitness Class Schedule

~ February 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	3 PiYo 4.30pm-5.15pm	4 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm	5 PiYo 4.30pm-5.15pm	6	7 Cardio, Lift & Tone 8.00am-9.00am	
8	9 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	10 PiYo 4.30pm-5.15pm	11 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 7.15pm-8.00pm	12 PiYo 4.30pm-5.15pm	13	14 Cardio, Lift & Tone 8.00am - 9.00am	
15	16 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	17 PiYo 4.30pm-5.15pm	18 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	19 PiYo 4.30pm-5.15pm	20	21 Cardio, Lift & Tone 8.00am - 9.00am	
22	23 Cardio, Lift & Tone 5.30pm-6.30pm Yoga 6.45pm-7.30pm	24 PiYo 4.30pm-5.15pm	25 Cardio, Lift & Tone 5.30pm - 6.30pm Yoga 7.15pm-8.00pm	26 PiYo 4.30pm-5.15pm	27	28 Cardio, Lift & Tone 8.00am - 9.00am	
<p>PHONE 218-444-8138</p>		<p>Staff Hours Mon-Thurs 7am - 5pm Friday 7am - 1pm</p>		<p>OPEN 24/7</p>		<p>Classes are subject to change throughout the year</p>	
<p>WEBSITE Inchargefitnesscenter.com</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.

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

PIYO (Tuesdays & Thursdays)

Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo...PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined

Instructor: Shannon Alto

Non-Members - \$5.00 Each Class

PUNCH CARDS

6 Classes for \$30

10 Classes for \$45

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