



Group Fitness Class Schedule

~ April 2015 ~

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|---|--|
| <p>OPEN 24/7</p> | <p>Classes are subject to change throughout the year</p> | <p>New Class, Called XaBeat, Will Be Starting Next Month</p> | <p>1 Cardio, Lift & Tone 5.30pm-6.30pm</p> | <p>2 PiYo CANCELLED</p> | <p>3</p> | <p>4 Cardio, Lift & Tone 8.00am-9.00am</p> |
| <p>5 </p> | <p>6 Cardio, Lift & Tone 5.30pm-6.30pm</p> | <p>7 PiYo 4.30pm-5.15pm</p> | <p>8 Cardio, Lift & Tone 5.30pm-6.30pm</p> | <p>9 PiYo 4.30pm-5.15pm</p> | <p>10</p> | <p>11 Cardio, Lift & Tone 8.00am - 9.00am</p> |
| <p>12</p> | <p>13 Cardio, Lift & Tone 5.30pm-6.30pm</p> | <p>14 PiYo 4.30pm-5.15pm</p> | <p>15 Cardio, Lift & Tone 5.30pm - 6.30pm</p> | <p>16 PiYo 4.30pm-5.15pm</p> | <p>17</p> | <p>18 Cardio, Lift & Tone 8.00am - 9.00am</p> |
| <p>19</p> | <p>20 Cardio, Lift & Tone 5.30pm-6.30pm</p> | <p>21 PiYo 4.30pm-5.15pm</p> | <p>22 Cardio, Lift & Tone 5.30pm - 6.30pm</p> | <p>23 PiYo 4.30pm-5.15pm</p> | <p>24</p> | <p>25 Cardio, Lift & Tone 8.00am - 9.00am</p> |
| <p>26</p> | <p>27 Cardio, Lift & Tone 5.30pm-6.30pm</p> | <p>28 PiYo 4.30pm-5.15pm</p> | <p>29 Cardio, Lift & Tone 5.30pm - 6.30pm</p> | <p>30 PiYo 4.30pm-5.15pm</p> | <p>WEBSITE Inchargefitnesscenter.com PHONE 218-444-8138</p> | <p>Staff Hours Mon-Thurs 7am - 5pm Friday 7am - 1pm</p> |

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!!!***