



# Group Fitness Class Schedule

~ March 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tabata <b>CANCELLED</b>	2 Cardio, Lift & Tone 5.30pm-6.30pm	3 PiYo 4.30pm-5.15pm	4 Cardio, Lift & Tone 5.30pm-6.30pm	5 PiYo <b>CANCELLED</b> Tabata 5.20pm-6.00pm <b>(In Boxing Room)</b>	6	7 Cardio, Lift & Tone 8.00am-9.00am
8 Tabata 4.30pm-5.15pm <b>(In Boxing Room)</b>	9 Cardio, Lift & Tone 5.30pm-6.30pm	10 PiYo 4.30pm-5.15pm	11 Cardio, Lift & Tone 5.30pm-6.30pm	12 PiYo 4.30pm-5.15pm Tabata 5.20pm-6.00pm <b>(In Boxing Room)</b>	13	14 Cardio, Lift & Tone 8.00am - 9.00am
15 Tabata 4.30pm-5.15pm <b>(In Boxing Room)</b>	16 Cardio, Lift & Tone 5.30pm-6.30pm	17 PiYo 4.30pm-5.15pm	18 Cardio, Lift & Tone 5.30pm - 6.30pm	19 PiYo 4.30pm-5.15pm Tabata 5.20pm-6.00pm <b>(In Boxing Room)</b>	20	21 Cardio, Lift & Tone 8.00am - 9.00am
22 Tabata 4.30pm-5.15pm <b>(In Boxing Room)</b>	23 Cardio, Lift & Tone 5.30pm-6.30pm	24 PiYo 4.30pm-5.15pm	25 Cardio, Lift & Tone 5.30pm - 6.30pm	26 PiYo 4.30pm-5.15pm Tabata 5.20pm-6.00pm <b>(In Boxing Room)</b>	27	28 Cardio, Lift & Tone 8.00am - 9.00am
29 Tabata 4.30pm-5.15pm <b>(In Boxing Room)</b>	30 Cardio, Lift & Tone 5.30pm-6.30pm	31 PiYo 4.30pm-5.15pm	<b>OPEN</b> <b>24/7</b>	Classes are subject to change throughout the year	<b>WEBSITE</b> Inchargefitnesscenter.com <b>PHONE</b> 218-444-8138	<b>Staff Hours</b> Mon-Thurs 7am - 5pm Friday 7am - 1pm

**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 (Thursdays & Sundays)**

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**

**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!!!***