



Group Fitness Class Schedule

~ June 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Cardio, Lift & Tone 5.30pm-6.30pm	2 PiYo 4.30pm-5.15pm	3 Cardio, Lift & Tone 5.30pm-6.30pm	4 PiYo 4.00pm-4.45pm	5	6 Cardio, Lift & Tone 8.00am-9.00am
7	8 Cardio, Lift & Tone 5.30pm-6.30pm	9 PiYo 4.30pm-5.15pm	10 Cardio, Lift & Tone 5.30pm-6.30pm	11 PiYo 4.00pm-4.45pm	12	13 Cardio, Lift & Tone 8.00am - 9.00am
14	15 Cardio, Lift & Tone 5.30pm-6.30pm	16 PiYo 4.30pm-5.15pm	17 Cardio, Lift & Tone 5.30pm - 6.30pm	18 PiYo 4.00pm-4.45pm	19	20 Cardio, Lift & Tone 8.00am - 9.00am
21	22 Cardio, Lift & Tone 5.30pm-6.30pm	23 PiYo 4.30pm-5.15pm	24 Cardio, Lift & Tone 5.30pm - 6.30pm	25 PiYo 4.00pm-4.45pm	26	27 Cardio, Lift & Tone 8.00am - 9.00am
28	29 Cardio, Lift & Tone 5.30pm-6.30pm	30 PiYo 4.30pm-5.15pm	OPEN 24/7	Classes are subject to change throughout the year	SUMMER Staff Hours Mon-Thurs 7am - 3pm Friday CLOSED	WEBSITE Inchargefitnesscenter.com PHONE 218-444-8138

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!!!***