



Group Fitness Class Schedule

~ July 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>OPEN 24/7</p>	<p>SUMMER Staff Hours Mon-Thurs 7am - 3pm Friday CLOSED</p>	<p>WEBSITE Inchargefitnesscenter.com PHONE 218-444-8138</p>	<p>1 Cardio, Lift & Tone 5.30pm-6.30pm</p>	<p>2 PiYo CANCELLED</p>	<p>3</p>	<p>4 Cardio, Lift & Tone CANCELLED</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 4.00pm-4.45pm</p>	<p>10</p>	<p>11 Cardio, Lift & Tone CANCELLED</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 4.00pm-4.45pm</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 4.00pm-4.45pm</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 4.00pm-4.45pm</p>	<p>31</p>	<p>Classes are subject to change throughout the year</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!!!***