



Group Fitness Class Schedule

~ August 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>Classes are subject to change throughout the year</p>			<p>1 Cardio, Lift & Tone 8.00am - 9.00am</p>
2	3 Cardio, Lift & Tone 5.30pm-6.30pm	4	5 Cardio, Lift & Tone 5.30pm-6.30pm	6	7	8 Cardio, Lift & Tone 8.00am - 9.00am
9	10 Cardio, Lift & Tone 5.30pm-6.30pm	11	12 Cardio, Lift & Tone 5.30pm - 6.30pm	13	14	15 Cardio, Lift & Tone 8.00am - 9.00am
16	17 Cardio, Lift & Tone 5.30pm-6.30pm	18	19 Cardio, Lift & Tone 5.30pm - 6.30pm	20	21	22 Cardio, Lift & Tone 8.00am - 9.00am
23/30	24/31 Cardio, Lift & Tone 5.30pm-6.30pm	25	26 Cardio, Lift & Tone 5.30pm - 6.30pm	27	28	29 Cardio, Lift & Tone 8.00am - 9.00am

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

Non-Members - \$5.00 Each Class

PUNCH CARDS

6 Classes for \$30

10 Classes for \$45

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