



Group Fitness Class Schedule

~ October 2015 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Classes are subject to change throughout the year	OPEN 24/7	WEBSITE Inchargefitnesscenter.com PHONE 218-444-8138	Staff Hours Mon-Thurs 7am - 5pm Friday 7am - 1pm	1	2	3 Cardio, Lift & Tone 8.00am - 9.00am
				4	5 Cardio, Lift & Tone 5.30pm-6.30pm	6
11	12 Cardio, Lift & Tone 5.30pm-6.30pm	13	14 Cardio, Lift & Tone 5.30pm - 6.30pm	15	16	17 Cardio, Lift & Tone 8.00am - 9.00am
18	19 Cardio, Lift & Tone 5.30pm-6.30pm	20	21 Cardio, Lift & Tone 5.30pm - 6.30pm	22	23	24 Cardio, Lift & Tone 8.00am - 9.00am
25	26 Cardio, Lift & Tone 5.30pm-6.30pm	27	28 Cardio, Lift & Tone 5.30pm - 6.30pm	29	30	31 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!!!***