





Sun	Mon	Tue	Wed	Thu	Fri	Sat
Questions? Contact us at 507-831-0672	<u>NOTICE FOR MAY CLASSES:</u> Mid-May classes will move to the BARC until the conference room remodel is complete. Class times <u>WILL NOT</u> change. Watch for updates on Facebook and in the Wellness Center hall. Thank you for your understanding!		1 Fit Row 5:45A Open Yoga 10A Power Row 5:15P TKD 6:00P	2 Boot Camp 6A WIM 6:15A S. Sneakers 9A Strength 4:15P Fit Fusion 5P	3 Fit Row 5:45A Open Yoga 10A Power Row 5P	4 OPEN HOUSE FREE CLASS SHOWCASE WIM 7:15A Yoga 8A Zumba 8:45A Row 9:30A
5	6 Boot Camp 6A Gentle Yoga 4:15P Power Row 5:30P TKD 6:15P	7 Boot Camp 6A WIM 6:15A S. Sneakers 9A Zumba 5P	8 Fit Row 5:45A Open Yoga 10A Power Row 5:15P TKD 6:00P	9 Boot Camp 6A WIM 6:15A S. Sneakers 9A Strength 4:15P Fit Fusion 5P	10 Fit Row 5:45A Open Yoga 10A Power Row 5P	11
12 	13 Boot Camp 6A Gentle Yoga 4:15P Power Row 5:30P TKD 6:15P	14 Boot Camp 6A WIM 6:15A S. Sneakers 9A Zumba 5P	15 Fit Row 5:45A Open Yoga 10A Power Row 5:15P TKD 6:00P	16 Boot Camp 6A WIM 6:15A S. Sneakers 9A Strength 4:15P Fit Fusion 5P	17 Fit Row 5:45A Open Yoga 10A Power Row 5P	18
19	20 Boot Camp 6A Gentle Yoga 4:15P Power Row 5:30P TKD 6:15P	21 Boot Camp 6A WIM 6:15A S. Sneakers 9A Zumba 5P	22 Fit Row 5:45A Open Yoga 10A Power Row 5:15P TKD 6:00P	23 Boot Camp 6A WIM 6:15A S. Sneakers 9A Strength 4:15P Fit Fusion 5P	24 Fit Row 5:45A Open Yoga 10A Power Row 5P	25
26	27 NO CLASSES 	28 Boot Camp 6A WIM 6:15A S. Sneakers 9A Zumba 5P	29 Fit Row 5:45A Open Yoga 9A Power Row 5:15P TKD 6:00P	30 Boot Camp 6A WIM 6:15A S. Sneakers 9A Strength 4:15P Fit Fusion 5P	31 Fit Row 5:45A Open Yoga 9A Power Row 5P	Silver Sneakers class open to everyone. Non-Silver Sneakers members must pay 25 cents per class.