

Land Aerobics - FALL 2009 (September 8 - December 23, 2009)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio Mix 6:05-6:55am	Body Blast! 6:05-6:55am	Cardio Mix 6:05-6:55am	Body Blast! 6:05-6:55am	Circuit 6:05-6:55am	
	HOT SHOES 7:30-8:30am		HOT SHOES 7:30-8:30am		HOT SHOES 7:30-8:30am	Yoga 7:00-8:15am
		Yoga 8:00-9:15am Walk-Ins \$5		Yoga 8:00-9:15am Walk-Ins \$5		Walk-Ins \$5
	Total Cardio & Core 9:15-10:15am	HOT SHOES 9:40-10:40am	Cardio Twist 9:15-10:15am	HOT SHOES 9:40-10:40am	T.B.C. 9:15-10:15am	Step Chall Plus 8:30-9:30am
Shaolin Kung Fu Kid Fu 11am-4pm Fall dates TBD		Fitness Training 10:00-10:55am		Fitness Training 10:00-10:55am		Core Conditioning 9:30-9:55am
		Pump It Up 12:00-12:55pm	DRUMS ALIVE! 11:30am-12:15pm	Pump It Up 12:00-12:55pm		Shaolin Kung Fu Kid Fu 11:00am-7:00pm Fall dates TBD
		<i>No classes on: Sept 7 & Nov 26 Limited classes on: Nov 25 & 27</i>				
	SUPREME DANCE 3:30-4:30pm	T'ai Chi/Qi Gong 3pm Walk-ins \$5				
	Pure Energy Jam 4:45-5:25pm		SUPREME DANCE 3:30-5:20pm	SUPREME DANCE 3:30-5:20pm		
GOJU-KAI KARATE 5:00-7:00pm	Body Sculpting 5:30-6:25pm	Step It Up 5:30-6:25pm	Body Sculpting 5:30-6:25pm	Step It Up 5:30-6:25pm		
	PILATES II 6:30-7:30pm	Body Sculpting 6:30-7:25pm	ZUMBA! 6:30-7:25pm	Body Sculpting 6:30-7:25pm		
	YOGA 7:45-8:45pm	KICKBOXING 7:35-8:35pm	YOGA 7:45-8:45pm	BALLROOM 7:35-9:45pm		

Water Aerobics - FALL 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	H2O Arthritis-\$4 8:00-8:55am	H2O Arthritis-\$4 8:00-8:55am	H2O Arthritis-\$4 8:00-8:55am		H2O Arthritis-\$4 8:00-8:55am	Water 8:00-8:55am
A discounted H2O Arthritis punch card is avail. for purchase at the front desk. 10 visits/\$35	Water 9:00-9:55am	Deep Water 9:00-9:55am	Water 9:00-9:55am	Deep Water 9:00-9:55am	Water 9:00-9:55am	
	H2O Arthritis-\$4 10:00-10:55am		H2O Arthritis-\$4 10:00-10:55am	Bodies in Motion -\$4 10:00-10:55am	H2O Arthritis-\$4 10:00-10:55am	
		Water 6:00-7:00pm		Deep Water 6:00-7:00pm		

All classes that are shaded in gray require additional charges.

You may register for these and other classes through the Hopkins-Minnetonka Recreation Services Dept by calling (952) 939-8203.