

## Land Aerobics - SPRING 2010 (July 1 - August 31)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	BodyJam™ 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	Yoga 7:00-8:15am Walk-Ins \$5	
	<b>HOT SHOES</b> 7:30-8:30am				<b>HOT SHOES</b> 7:30-8:30am		
		Yoga 8:00-9:15am Walk-Ins \$5		Yoga 8:00-9:15am Walk-Ins \$5		Step Chall Plus** 8:30-9:30am	
	TotalCardio&Core 9:15-10:15am	<b>HOT SHOES</b> 9:40-10:40am	Cardio Twist 9:15-10:15am	<b>HOT SHOES</b> 9:40-10:40am	BodyJam™ 9:15-10:15am	Core Conditioning** 9:30-9:55am	
		Pump It Up 12:00-12:55pm		Pump It Up 12:00-12:55pm			
			<b>HOT SHOES</b> 4:30-5:25pm				
	<b>GOJU-KAI KARATE 5:00-7:00pm</b>	Body Sculpting 5:30-6:25pm	Step It Up 5:30-6:10pm	Body Sculpting 5:30-6:25pm	Cardio Kick 5:30-6:10pm		
	PILATES II 6:30-7:30pm	Body Sculpting 6:15-7:25pm	ZUMBA! 6:30-7:15pm	Body Sculpting 6:15-7:25pm			
	YOGA 7:45-8:45pm		YOGA 7:45-8:45pm				

## Water Aerobics - SPRING 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pool Closed until about October 1st						

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.