

Land Aerobics - WINTER/SPRING 2010 (January 2 - April 30, 2010)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*NOTE: No class on Jan 4th or 8th BodyJam™ begins week of Jan 10th	*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
	HOT SHOES 7:30-8:30am		HOT SHOES 7:30-8:30am		HOT SHOES 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	HOT SHOES 9:40-10:40am	Cardio Twist 9:15-10:15am	HOT SHOES 9:40-10:40am	BodyJam™ 9:15-10:15am	Core Conditioning** 9:30-9:55am
	DRUMS ALIVE! 10:30-11:15am	Fitness Training 10:00-10:55am		Fitness Training 10:00-10:55am		
		Pump It Up 12:00-12:55pm		Pump It Up 12:00-12:55pm		**Saturday, Jan. 9th 8:30-10:30am <i>is an Aerobics Jam</i> FREE to all members <i>\$5 for non-mbr guests</i> <i>Get a tasting for all of our classes and enjoy treats after!</i>
	SUPREME DANCE 3:30-4:30pm	T'ai Chi/Qi Gong 3pm Walk-ins \$5	No classes on: Jan 1 & Apr 11 Limited classes on: Jan 9			
	Pure Energy Jam 4:45-5:25pm	HOT SHOES 4:30-5:25pm	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	WOW - over 40 free classes!	
	YOGA 7:45-8:45pm	KICKBOXING 7:35-8:35pm	YOGA 7:45-8:45pm			

Water Aerobics - WINTER/SPRING 2010

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	Arthritis Plus-\$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		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.