

groupfitness

FALL 2009 | September 14 – December 13
all facilities will be closed November 26 and 27

ST. PAUL

St. Paul Gymnasium (Class and Instructor Schedule)

- All classes are 60 minutes unless otherwise noted in parenthesis
- All Cardiovascular/Strength classes are held in the Third Floor Studio unless otherwise noted
- All Yoga/Pilates classes are held in the Upper Multi-Purpose Room unless otherwise noted
- All Spin classes are held in the Lower Multi-Purpose Room

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|---|---|---|--|---|--|--------------------------|
| 7:30am | | Hatha Yoga Lindy | | Kundalini Yoga Lauren | | | |
| 10:00am | | | | | | High Gear Leigh/Marie Kundalini Yoga Brenda | |
| 11:00am | GOT-Bosu Express (45 MIN) Katie B. | | Yoga Flow (55 MIN) Ariel | | | | |
| 12:00pm | CSI Terrie Spin Marie Pilates Sharon | Cardio Kickboxing Carol | GOT-Bosu Marie Spin Terrie Kundalini Yoga Stacey | | Cardio Kickboxing Katie Spin Marie Kundalini Yoga Stacey | | Step Challenge Kelsey |
| 5:30pm | Step Challenge Jenna Yoga Flow Lindy | Comp. Conditioning Rachel Heat (75 MIN) Jordan Hatha Yoga (75 MIN) Ngoclan | Sweatshop Express (45 MIN) Rachel Pilates Ginny | TNT Terrie Spin Jordan Hatha Yoga (75 MIN) Ngoclan | ZUMBA® Kate | | |

CLASSES ARE 60 MINUTES UNLESS OTHERWISE NOTED IN PARENTHESIS

PLEASE NOTE:

Classes are held on a first come, first serve basis.

All classes are subject to cancellation if participation numbers are consistently less than 4

Always consult a physician prior to starting any exercise program.

fitpass
one pass · any class

The FITPASS is an unlimited semester pass that includes all cardio, strength, spin and mind-body classes. The FITPASS is not valid for Recreational Sports water aerobic classes.

Passes are non-refundable after the first week of classes, non-transferable and are only valid for one semester.

Participants may purchase a FITPASS at either the Member Service Office at the University Recreation Center or at the front desk of the St. Paul Gymnasium.

FEE STRUCTURE

| | MEMBER | NON-MEMBER |
|-------------------|--------|------------|
| daily pass | \$5 | \$8 |
| semester FitPass* | \$55 | \$80 |

*FitPasses are discounted halfway through the fall and spring semesters (summer semester excluded). At almost 50% off, this deal can't be beat!

QUESTIONS, COMMENTS? CONTACT US!

EMAIL: aerobic@umn.edu

FITNESS PROGRAMS OFFICE: 612-626-9241

WEBSITE: www.recports.umn.edu/fitness