



## Group Fitness Class Fall Nov-Dec 2025

651.415.9500 [www.balanceforlifefitness.com](http://www.balanceforlifefitness.com) 3555 Lexington Ave N Arden Hills 55126

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:40 am Strength and Balance for Healthy Aging Stephanie		8:30-9:25 am Strength and Yoga Stretch Jacqui				
9:50-10:30 am Chair/Standing Yoga (not getting down on floor) Nicole	9-9:40 am Chair/Standing Yoga (not getting down on floor) Michelle		9-9:40 am Chair/Standing Yoga (not getting down on floor) Donna	9-9:55 am Begin/Inter. Pilates Mat Julie J	9-9:55 am Begin/Inter. Pilates Mat Class Jairo	9-9:55 am Strength and Balance for Healthy Aging Sam
10:35-11:15 am Chair/Standing Yoga (not getting down on floor) Nicole	9:50-10:45 am Strength and Balance for Healthy Aging Sam	10-10:55 am Beginner Pilates Mat Daprice  <hr/> 11:05-11:45 am Chair/Standing Yoga (Not getting down on floor) Donna	9:50-10:45 am Gentle Yoga Donna	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) Jacqui  <hr/> 10:50-11:40 am Strength and Balance for Healthy Aging Jacqui	10:05-11 am Studio Equipment Class (in Personal Training area) Jairo  <hr/> 10:05-11 am Beginner Strength and Tone Sam	10:30-11:25 am Beginner Strength and Yoga Colleen
	Noon-12:55 pm Yoga with Props Jennifer	11:55-12:40 pm Strength Training for Women with Osteo. Stephanie	12:30-1:15 pm Begin. Strength Chair/Standing (not getting down on floor) Abby	11:45 am-12:40 pm Strength and Balance for Healthy Aging Stephanie	11:05-Noon Strength and Tone Sam	Noon-12:55 pm Studio Equipment Class (in Personal Training area) Sam  <hr/> Noon-12:55 pm Begin/Inter. Pilates Mat Class Bon
5:00-5:55pm Strength and Tone Abby	5:00-5:55pm Strength and Tone Jairo	5:30-6:25 pm Strength and Tone Dawn	5:00-5:55 pm Begin/Inter. Pilates Mat Class w) props Julie J			
6:05-7 pm Hatha Yoga Donna	6:05-7 pm Hatha Yoga Jennifer	7:05-8 pm Begin/Inter. Pilates Mat Class Bon				