



## Group Fitness Class Fall (Sept.-Dec.) 2024

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 am-9:40 am Strength and Balance for Healthy Aging Geraldine		8:30-9:25 am Strength and Yoga Stretch Jenny				
9:45-10:25 am Chair/Standing Yoga (not getting down on floor) Geraldine	9-9:40 am Chair/Standing Yoga (not getting down on floor) Hybrid (at BFL or ZOOM) Geraldine		9-9:40 am Chair/Standing Yoga (not getting down on floor) Amber	9-9:55 am Begin/Inter. Pilates Mat Julie J	9-9:55 am Studio Equipment Class (in Personal training area) Jairo	
10:35-11:15 am Chair/Standing Yoga (not getting down on floor) Geraldine	9:50-10:45 am Strength and Balance for Healthy Aging Geraldine  11:30-12:25 Vinyasa Yoga Jenny	10-10:55 am Beginner Pilates Mat Daprice  11:05-11:45 am Chair/Standing Yoga (Not getting down on floor) Donna	9:50-10:45 am Gentle Yoga Amber	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) Amber  10:50-11:40 am Hatha Yoga Class Amber	10-10:55 am Begin/Inter. Pilates Mat Class Jairo	10:30-11:25 am Beginner Strength and Yoga Donna  10:30-11:25 am Studio Equipment Class (in Personal training area) Terisa
		12:30-1:25 pm Yoga/Pilates Mat Fusion Jenny	11-11:55 am Vinyasa Yoga Emily  12:15-1 pm Begin. Strength Chair/Standing (not getting down on floor) Emily	11:45 am-12:40 pm Strength and Balance for Healthy Aging Geraldine	11:05-Noon Strength and Tone Varies	
5:00-5:55pm Strength and Tone Abby		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 Richard		6:05-7 pm Dance Cardio Mary			
7:10-8:05 pm Yin Yoga Donna						