



Group Fitness Class Schedule Fall Sept-Dec 2026

651.415.9500 www.balanceforlifefitness.com 3555 Lexington Ave N Arden Hills 55126

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:40 am Strength & Balance for Healthy Aging Leah		8:30-9:25 am Strength and Yoga Stretch Leah			8-8:50 am Beginner Strength & Tone Sam	
9:50-10:30 am Chair/Standing Yoga (not getting down on floor) Leah	9-9:40 am Chair/Standing Yoga (not getting down on floor) Leah		9-9:40 am Chair/Standing Yoga (not getting down on floor) Elizabeth	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 9-9:55 am Studio Equipment Class Darby
10:35-11:15 am Chair/Standing Yoga (not getting down on floor) Leah	9:50-10:45 am Strength & Balance for Healthy Aging Sam	10-10:55 am Foundation Pilates Mat Daprice	9:50-10:45 am Gentle Yoga Elizabeth	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) Elizabeth	10:05-11 am Studio Equipment Class Jairo 10:05-11 am Beginner Strength & Tone Sam	10:30-11:25 am Beginner Strength & Yoga Colleen
11:30-12:25 pm Strength & Balance for Healthy Aging Leah		11:05-11:45 am Chair/Standing Yoga (Not getting down on floor) Donna		11-11:45 am Strength Training for Women with Osteo. Jess	11:05-Noon Strength and Tone Sam	
		11:55-12:40 pm Strength Training for Women with Osteo. Leah	12:30-1:15 pm Begin. Strength Chair/Standing (not getting down on floor) Abby	11:50 am-12:40 pm Strength & Balance for Healthy Aging Leah		Noon-12:55 pm Studio Equipment Class Sam
	4-4:55 pm Strength Training for Women w) Osteo. Jess	4:30-5:25 pm Strength & Tone Dawn	4-4:55 pm Strength & Tone Jess			
5:00-5:55pm Strength & Tone Abby	5:00-5:55pm Strength & Tone Jairo	5:30-6:25 pm Strength & Tone Dawn	5:00-5:55 pm Begin/Inter. Pilates Mat Class Julie J			
6:05-7 pm Hatha Yoga Donna			6:05-7 pm Strength & Tone Darby			