

Group Fitness Class Spring April to May 2025 651.415.9500 www.balanceforlifefitness.com 3555 Lexington Ave N Arden Hills 55126

Chair/Standing Strength and Beginner Gentle Yoga Chair/Standing Studio Be	<u></u>
Strength and Balance for Healthy Aging Geraldine8:30-9:25 am Strength and Yoga Stretch Michelle April Jacqui May8:30-9:25 am Strength and Yoga Stretch Michelle April Jacqui May9-9:40 am Chair/Standing Yoga9-9:55 am Begin/Inter.9:45-10:25 am Chair/Standing Yoga (not getting down on floor) Geraldine9-9:40 am (not getting down on floor)9-9:55 am Pilates Mat9-9:55 am Begin/Inter.9:45-10:25 am (not getting down on floor) Geraldine9-9:40 am (not getting down on floor)9-9:55 am Donna9-9:55 am Begin/Inter.10:35-11:15 am Chair/Standing Strength and9:50-10:45 am Beginner10:05-10:45 am Gentle Yoga10:05-11 am Studio10:30- Begin/Inter	
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