



Group Fitness Class Schedule Winter Jan-Feb 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 and Balance for Healthy Aging Leah		8:30-9:25 am Strength and Yoga Stretch Michelle				
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 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) Nicole 10:50-11:40 am Begin. Strength and Tone Nicole Jan 16, 23 and 30 Changes to Strength and Balance for Healthy Aging Stephanie Starting Feb 6th	10:05-11 am Studio Equipment Class (in Personal Training area) Jairo 10:05-11 am Beginner Strength and Tone Sam	10:30-11:25 am Beginner Strength and Yoga Colleen
	11-11:55 am Strength and Balance for Healthy Aging Stephanie Starting Jan 20th	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 1:20-2:05 pm Strength Training and Pilates Mat Liz	11:45 am-12:40 pm Strength and Balance for Healthy Aging Leah	11:05-Noon Strength and Tone Sam	Noon-12:55 pm Studio Equipment Class Jairo (in Personal Training area) Sam
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						