



## Group Fitness Class Spring (March-May) 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
		8:30-9:25 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		
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	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 Amber	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) Amber <hr/> 10:55-11:35 am Chair/Standing Yoga (Not getting down on floor) Amber		10:30-11:25 am Beginner Strength and Yoga Donna <hr/> 10:30-11:25 am Studio Equipment Class (in Personal training area) Gabriel
12:30-1:25 pm Yoga/Pilates Mat Fusion Amber	Noon-12:55 pm Begin/Inter. Pilates Mat Becky	12:30-1:25 pm Yoga/Pilates Mat Fusion Jenny	11-11:55 am Vinyasa Yoga Emily <hr/> 12:15-1 pm Begin. Strength Chair/Standing (not getting down on floor) Emily	11:45 am-12:40 pm Hatha Yoga Amber	11:05-Noon Strength and Tone every other week Rachel and Tara	12:35-1:15 pm Chair/Standing Yoga (Not getting down on floor) Donna
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	6:30-7:30 pm Studio Equipment Class (in Personal training area) Gabriel	6:05-7 pm Strength and Tone Tara			
7:10-8:05 pm Yin Yoga Donna						

