



Group Fitness Class Fitness February 2024

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

Hybrid, this means you can choose if you want to be in person at BFL or at home via ZOOM. If it doesn't say hybrid, then class is at BFL only

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 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 & 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 Gabriel
	Noon-12:55 pm Meditation class 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	
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 Strength and Tone Tara			
7:10-8:05 pm Yin Yoga Donna						