



## Group Fitness Class Fall (Nov.-Dec.) 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  |
|---|---|---|--|--|--|---|
| 8:45 am-9:40 am<br>Strength and Balance for Healthy Aging<br>Geraldine            |   | 8:30-9:25 am<br>Strength and Yoga Stretch<br>Jacqui   |  |  |  |   |
| 9:45-10:25 am<br>Chair/Standing Yoga<br>(not getting down on floor)<br>Geraldine  | 9-9:40 am<br>Chair/Standing Yoga<br>(not getting down on floor)<br>Hybrid (at BFL or ZOOM)<br>Geraldine |   | 9-9:40 am<br>Chair/Standing Yoga<br>(not getting down on floor)<br>Amber   | 9-9:55 am<br>Begin/Inter. Pilates Mat<br>Julie J   |  |   |
| 10:35-11:15 am<br>Chair/Standing Yoga<br>(not getting down on floor)<br>Geraldine | 9:50-10:45 am<br>Strength and Balance for Healthy Aging<br>Geraldine                                    | 10-10:55 am<br>Beginner Pilates Mat<br>Daprice<br><hr/> 11:05-11:45 am<br>Chair/Standing Yoga<br>(Not getting down on floor)<br>Donna | 9:50-10:45 am<br>Gentle Yoga<br>Amber  | 10:05-10:45 am<br>Chair/Standing Yoga<br>(Not getting down on floor)<br>Jacqui<br><hr/> 10:50-11:40 am<br>Strength and Balance for Healthy Aging<br>Jacqui | 10-10:55 am<br>Begin/Inter. Pilates Mat Class<br>Jairo | 10:30-11:25 am<br>Beginner Strength and Yoga<br>Donna                       |
|   |   |   | 11-11:55 am<br>Vinyasa Yoga<br>Emily<br><hr/> 12:15-1 pm<br>Begin. Strength Chair/Standing<br>(not getting down on floor)<br>Emily | 11:45 am-12:40 pm<br>Strength and Balance for Healthy Aging<br>Geraldine   | 11:05-Noon<br>Strength and Tone<br>Varies              | 12:35-1:30 pm<br>Hatha Yoga<br>Sam<br><hr/> 1:35-2:30 pm<br>Yin Yoga<br>Sam |
| 5:00-5:55pm<br>Strength and Tone<br>Abby  | 5:00-5:55 pm<br>Tai Chi SERIES class-see CSR or website on how to enroll                                | 5:30-6:25 pm<br>Strength and Tone<br>Dawn   | 5:00-5:55 pm<br>Begin/Inter. Pilates Mat Class w) props<br>Julie J   |  |  |   |
| 6:05-7 pm<br>Hatha Yoga<br>Sam  | 6:05-7 pm<br>Hatha Yoga<br>Richard  |   | 6:05-7 pm<br>Dance Cardio<br>Mary  |  |  |   |
| 7:10-8:05 pm<br>Yin Yoga<br>Sam   |   |   | 7:10-8:05 pm<br>Strength and Tone<br>Tyler   |  |  |   |