



GLACIAL RIDGE
WELLNESS CENTER
heartfelt care®

Class Schedule * Subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:05– 6:50am	All Strength Shannon		Pilates Shannon		All Strength Shannon	
7:05 – 7:35am		Intro to Exercise Marta				
8:05 – 9:05am	Body Fit Chris		Body Fit Shannon		Body Fit Kim	GET AFTER IT! 9:00 a.m. Instructors may vary
10:00 – 10:50am	Silver Sneakers Silver&Fit Circuit Chris	Silver Sneakers Silver&Fit Classic Chris	Silver Sneakers Silver&Fit Circuit Chris	Silver Sneakers Silver&Fit Classic Marta		
11:00 – 11:45am	Silver Sneakers Silver&Fit Yoga Chris	Silver Sneakers Silver&Fit Yoga Kim		Silver Sneakers Silver&Fit Yoga Marta		
11:35 – 12:15pm		HIIT Kim		All Strength Instructors may vary		
12:15 – 12:50pm	Circuits Chris	HIIT Kim	Stations Shannon	Cardio Instructors may vary	Circuits Chris	
3:30 – 4:30pm	Warrior Dash Running Group Shannon		Warrior Dash Running Group Shannon			
4:00 – 5:00pm	Dance Fitness Marta		Dance Fitness Marta			
5:05 – 6:05pm	Yoga Shannon	Pump Instructors may vary		Pump Instructors may vary		