

December 2016 Drop In Fitness Schedule



Monday

5:30-6:20AM	Group Cycle	Allison	Grove Rm
7:30-8:20AM	Aqua Exercise - JF	Alyssa	Lap Pool
8-8:50AM	Sculpt & Stretch - JF	Shari	Studio
8:30-9:20AM	Silver Sneakers - JF	Eric & Alyssa	NG Gym
9-9:50AM	Yoga Fitness	Kathy	Studio
9:30-10:20AM	Silver Sneakers Yoga - JF	Joanna	Comm Rm 3
10-10:50AM	Zumba	Colleen	Studio
4:15-5:05PM	Cardio Kickboxing	Shari	Studio
5:15-6:05PM	Body Blast	Shannon	Studio
6:15-7:05PM	Yoga Fitness	Wes	Studio
6:15-7:05PM	Group Cycle	Rita	Grove Rm
7:15-8:05PM	Deep Water - JF	Rita	Dive Pool

For up to date program information and class descriptions, go to www.funatthegrove.com Or call 651-450-2480.

For weather updates, sign up to receive a text at www.invergroveheights.org/ weather updates or call the weather line 651-450-2595.

Email bethany@funatthegrove.com or friend us on Facebook if you would like to receive fitness class and community center updates.

Tuesday

5:30-6:20AM	HIIT	Joanna	Studio
8-8:50AM	Zumba Gold** - JF	Alyssa	Studio
9-9:50AM	Muscle Mix	Claudia	Studio
9-9:50AM	Silver Splash - JF	Shari	Lap Pool
10-10:50AM	Joints in Pool - JF	Mary	Water Park
10-10:50AM	Barre Fusion	Alyssa	Studio
4:15-5:05PM	Muscle Mix	Joanna	Studio
5:15-6:05PM	HIIT	Elizabeth	Studio
6:15-7:05PM	Barre Fusion	Shari	Studio
7:15-8:05PM	Zumba	Angela	Studio

Schedule is subject to change. We reserve the right to cancel classes with less than 10 participants attending three consecutive weeks.

Group Cycle has a limit of 16 participants. Please pick up a pass at Guest Services up to 1 hour prior to class.

Wednesday

5:30-6:20AM	Group Cycle	Joanna	Grove Rm
7:30-8:20AM	Aqua Exercise - JF	Amy/Becca	Lap Pool
8-8:50AM	Sculpt & Stretch- JF	Shari	Studio
8:30-9:20AM	Silver Sneakers - JF	Eric & Alyssa	NG Gym
9-9:50AM	Yoga Fitness	Tania	Studio
9:30-10:20AM	Silver Sneakers Yoga - JF	Joanna	Comm Rm 3
10-10:50AM	Zumba	Kiyomi	Studio
4:15-5:05PM	Power Step	Molly/Shari	Studio
5:15-6:05PM	Body Blast	Elizabeth	Studio
6:15-7:05PM	Yoga Fitness	Kathy	Studio
6:15-7:05PM	Group Cycle	Wes	Grove Rm
7:15-8:05PM	XA	Beth D.	Studio
7:15-8:05PM	Deep Water - JF	Tom	Dive Pool

Childcare is available for kids ages 6 mos.-11 years. Free for those with child/ren listed on membership. \$3.50 per hour per child for nonmembers.

Childcare Hours:

Monday-Thursday
8:30 am-12:30 pm & 4 pm-8:30 pm

Friday
8:30 am-12:30 pm & 4 pm-7pm

Saturday
8 am-12:30 pm

Sunday
10 am-5 pm

**Endorsed by Silver and Fit

JF = Joint-Friendly Options

Revised 11/18/2016

December 2016 Drop In Fitness Schedule

Fitness Hours:

Monday-Friday

5AM-10:00PM

Saturday

6AM-8PM

Sunday

8AM-8PM

Thursday

5:30-6:20AM	Body Blast	Joanna/Laura	Studio
8-8:50AM	Zumba Gold** - JF	Alyssa	Studio
9-9:50AM	Cardio Sculpt	Claudia	Studio
9-9:50AM	Silver Splash – JF	Shari	Lap Pool
10-10:50AM	Joints in Pool - JF	Alyssa	Water Park
10-10:50AM	Barre Fusion	Shari	Studio
4:15-5:05PM	BPM	Joanna	Studio
5:15-6:05PM	Barre Fusion	Marie	Studio
6:15-7:05PM	Cardio Kickboxing	Shari	Studio
7:15-8:05PM	Zumba	Shauna	Studio

For up to date program information and class descriptions, go to www.funatthegrove.com or call 651-450-2480.

For weather updates:

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Friday

7:30-8:20AM	Aqua Exercise	Eric	Lap Pool
8:30-9:20AM	Yoga Fitness	Amy/Tania	Studio
9:00-9:50AM	Silver Sneakers - JF	Eileen/Becca	NG Gym
9:30-10:20AM	Step & Sculpt	Shari	Studio
10-10:50AM	Tai Chi** - JF	Keith	Comm 3
11:30-12:20PM	Aqua Zumba JF	Kiyomi	Lap Pool <i>Class only 12/9 & 12/16</i>
5:15-6:05PM	Body Blast	Shannon	Studio
6:15-7:05PM	Group Cycle	Rita	Grove Rm

Email:

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Saturday

8-8:50AM	Aqua Exercise - JF	Shari/Colleen	Lap Pool <i>Skip 12/24 & 12/31</i>
8-8:50AM	Yoga Fitness	Weston	Studio
9-9:50AM	Cardio Kickboxing	Laura G	Studio
9-9:50AM	Group Cycle	Wes	Grove Rm
10-10:50AM	Barre Fusion	Shari/Colleen	Studio
11-11:50AM	Zumba	Angela	Studio

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Sunday

8:15-9:05AM	Group Cycle	Allison/Kelly	Grove Rm skip 12/25
9:15-10:05AM	Yoga Fitness	Allison/Erin	Studio skip 12/25
3-3:50PM	Body Blast	Deb/AnneMarie	Studio skip 12/25

Childcare Hours:

Monday-Thursday

8:30 am-12:30 pm & 4 pm-8:30 pm

Friday

8:30 am-12:30 pm & 4 pm-7 pm

Saturday

8 am-12:30 pm

Sunday

10 am-5 pm

**Endorsed by Silver and Fit

JF - Joint-Friendly Options Available

December 2016 Specialty Fitness Schedule



Monday

9:30-10:30AM	F104	Boot Camp*	Claudia	NG Gym	\$59/99	11/2-12/28 skip 12/26
10:40-11:20AM	F133	Strength Training Circuit	Claudia	Fitness Center	\$39/59	11/30-12/28 skip 12/26
11-11:50AM	F179	Yoga for Beginners	Kathy	Studio	\$39/59	11/30-12/28 skip 12/26
5:15-6:05PM	F233	CRT	Mary	Grove 2	\$39/59	11/30-12/28 skip 12/26
6:15-6:45PM	F303	Nutrition Support	Kayla	Legion Rm	\$39/59	11/7-12/26 skip 12/26
7:15-8:15PM	F105	Boot Camp*	Will	Studio	\$59/99	11/2-12/28 skip 12/26

Tuesday

7:15-8:05AM	F223	TRX Bell	Mary	Grove 2	\$39/59	12/1-12-29
8:15-9:05AM	F224	TRX Bell*	Mary	Grove 2	\$39/59	12/1-12/29
11-11:50AM	F123	Back to Balance –JF	Alyssa	Studio	\$29/49	12/1-12/29
6:15-7:15PM	F135	Strength Training Circuit*	Joanna	Grove 2	\$39/59	12/1-12/29
6:15-7:05PM	F163	Instafit (ages 8-14)**	Ulice	Comm 3	\$29/49	12/1-12/29
7:15-8:05PM	F180	Yoga for Beginners	Wes		\$39/59	12/1-12/29

Wednesday

9:30-10:30AM	F104	Boot Camp*	Claudia	NG Gym	\$59/99	11/2-12/28
10:40-11:20AM	F132	Strength Training Circuit	Claudia	Fitness Center	\$39/59	11/30-12/28
11-11:50AM	F179	Yoga for Beginners	Amy	Studio	\$39/59	11/30-12/28
5:15-6:05PM	F233	CRT*	Mary	Grove 2	\$39/59	11/30-12/28
7:15-8:15PM	F105	Boot Camp*	Ulice	NG Gym	\$59/99	11/2-12/28

Thursday

7:15-8:05AM	F223	TRX Bell	Mary	Grove 2	\$39/59	12/1-12-29
8:15-9:05AM	F224	TRX Bell*	Mary	Grove 2	\$39/59	12/1-12-29
11-11:50AM	F123	Back to Balance—JF	Joanna	Studio	\$29/49	12/1-12-29
6:15-7:05PM	F163	Instafit (ages 8-14)**	Ulice	Comm 3	\$29/49	12/1-12-29
6:15-7:15PM	F135	Strength Training Circuit*	Joanna	Grove/Grove 2	\$39/59	12/1-12-29
7:15-8:05PM	F180	Yoga for Beginners	Wes		\$39/59	12/1-12/29

Friday

5:30-6:30AM	F106	Boot Camp*	Joanna	NG Gym	\$39/59	11/4-12/30
5:30-6:20AM	F221	TRX Bell	Laura G	Grove 2	\$39/59	11/4-12/23
9:30-10:30AM	F107	Boot Camp	Claudia	Grove 2	\$39/59	11/4-12/23

Saturday

8-8:50AM	F220	TRX Bell	Laura G	Grove 2	\$39/59	10/29-12/17
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Sunday

5-6PM	F141	Boxing Camp*	Jeron	Studio	\$49/79	10/30-12/18
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December 2016 Specialty Fitness Schedule



For class descriptions visit www.funatthegrove.com, stop by Guest Services or call 651-450-2480.

Class Registration:

visit www.funatthegrove.com/online registration, or stop by Guest Services. or call 651-450-2480.

Please register one week in advance to save \$5. We reserve the right to cancel specialty classes 3 days prior to start date if registration minimum is not met. Registrations received less than 3 days prior will incur \$5 late fee.

* Drop-In option available \$10 members/\$15 nonmembers

** Extra Sibling \$15 Drop in: \$5 members/\$8 nonmembers

Make up Policy:

If you miss a class you can make it up 2 weeks surrounding that date at another class. Please email fitness@funatthegrove.com to reserve a spot. Some classes may be full.

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8:30 am–12:30 pm &
4 pm-8:30 pm

Friday:

8:30 am-12:30 pm &
4 pm-7 pm

Saturday:

8 am-12:30 pm

Sunday:

10am-5pm

2016	Session 9	Session 10	Session 11	Session 12
M & W	9/7-10/3	10/5-10/31	11/2-11/28	11/30-12/28 skip 12/26
T & Th	9/6-9/29	10/4-10/27	11/1-11/29 skip 11/24	12/1-12/27
M	9/12-10/31		11/7-12/27	
T	9/6-10/25		11/1-12/20	
W	9/7-10/26		11/2-12/21	
Th	9/8-10/27		11/3-12/29 skip 11/24	
F	9/9-10/28		11/4-12/23	
Sat	9/3-10/22		10/29-12/17	
Sun	9/4-10/23		10/30-12/18	