

# Minneapolis Life Time Athletic Club

## Group Fitness Class Schedule

 **HOTLINE >>>> 612.752.9575**

## Current 2017 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30					<del>EDG Cycle *45 Min Monica Studio 3</del>		
6:00	<b>Warrior Sculpt</b> Cindy Studio 2	<b>Cycle Sculpt</b> Michelle Studio 1	<b>Strictly Strength</b> Michelle Studio 3	<b>EDG Cycle</b> Varies Studio 1			
6:20					<del>Barbell Strength *45 Min Monica Studio 3</del>		
8:30						<b>Cardio Blast</b> Gerry Studio 2	<b>AMP Cycle</b> Jackie Studio 1
9:00						<b>Hot Sculpt</b> Gerry Studio 2	
9:00						<b>LifePower Vinyasa</b> Kelsie *75 Min Studio 3	
9:30						<b>AMP Cycle</b> <b>*SIGN UP*</b> Gerry Studio 1	
9:35							<b>50/50</b> LeAnn Studio 3
11:45	<b>Core</b> <b>*30 Min</b> Bruce Studio 3		<b>Core</b> <b>*30 Min</b> Jackie Studio 3		<b>Core</b> <b>*30 Min</b> Gerry Studio 2		
12:00	<b>LifePower Vinyasa</b> Kirsten Studio 2	<b>LifePower Vinyasa</b> Margo Studio 2	<b>LifePower Vinyasa</b> Kirsten Studio 2	<b>Athletic Yoga</b> Margo Studio 2			
12:00		<b>Strictly Strength</b> <b>*45 Min</b> Bruce Studio 3		<b>50/50</b>  Michelle Studio 3			
12:15	<b>EDG Cycle</b> <b>*45 Min</b> Bruce Studio 1	<b>Ride &amp; Row Sculpt</b>  Gerry & LeAnn Studio 1	<b>AMP Cycle</b> <b>*45 Min</b> Jackie Studio 1	<b>Ride &amp; Row Sculpt</b>  Gerry & LeAnn Studio 1	<b>AMP Cycle</b> <b>*SIGN UP*</b> Gerry Studio 1		
12:20	<b>No Limits-Circuit</b> <b>*45 Min</b> LeAnn Studio 3		<b>50/50 Express</b> <b>*45 Min</b> LeAnn Studio 3		<b>Cardio Sculpt</b> <b>*30 Min</b> Bruce Studio 2		
5:00	<b>Core</b> <b>*30 Min</b> Jackie Studio 2		<b>Core</b> <b>*30 Min</b> Molly Studio 3				
5:30	<b>Cardio Blast</b> <b>*45 Min</b> Jackie Studio 2	<b>EDG Cycle</b>  Monica Studio 1	<b>50/50 Express</b> <b>*45 Min</b> Molly Studio 3				

Heart Rate Monitors are highly recommended and can be purchased at the club.

\*Sign up for Friday and Saturday Studio Cycle is not mandatory, but will ensure your spot in class. Please call 612.752.7000 24 hours before class to be placed on the Sign-up sheet. All other classes are first come first serve basis- 65 bikes- bring water bottle.

**NO RESERVING BIKES PLEASE!**

**Group Fitness Hotline 612.752.9575**

Visit us at [www.myLT.com](http://www.myLT.com) and let us know how we're doing!