

| MONDAY | | Instructor | Location |
|-----------|------------------------|------------|----------|
| 9 am | Fitness Pilates | Perry | Studio 2 |
| 10 am | 60/40 Cardio Hi-lo | Nancy | Studio 1 |
| 5:30 pm | Total Body Workout | Wendy | Studio 1 |
| TUESDAY | | | |
| 5:35 am | The Resistance Workout | Chris | Studio 1 |
| 8:30 am | Power Pump | Mary P | Studio 1 |
| 9 am | Aqua Fit | Meg | Pool |
| 9:45 am | Step Cardio | Mary P | Studio 1 |
| 11:45 am | Power Yoga | Beth | Studio 2 |
| 4:30 pm | Cycle Training | Mary P | Studio 3 |
| 5:30 pm | The Resistance Workout | Maria | Studio 1 |
| 6:30 pm | Aqua Fit | Meg/Sue | Pool |
| WEDNESDAY | | | |
| 5:35 am | Total Body Workout | Chris | Studio 1 |
| 9:30 am | 60/40 Cycle | Maria | Studio 3 |
| 4:30 pm | Total Body Workout | Mary P | Studio 1 |
| 5:30 pm | Power Yoga | Mary P | Studio 2 |
| 6:30 pm | Cardio Kickboxing | Perry | Studio 1 |
| THURSDAY | | | |
| 5:35 am | The Resistance Workout | Chris | Studio 1 |
| 8:30 am | Power Pump | Denise | Studio 1 |
| 9 am | Aqua Fit | Sue | Pool |
| 9:45 am | Step Cardio | Mary P | Studio 1 |
| 11:45 am | The Resistance Workout | Perry | Studio 1 |
| 4:30 pm | Barre Principle | Jen | Studio 2 |
| 5:30 pm | Power Strength | Adrienne | Studio 1 |
| 6:45 pm | Yin/Restorative Yoga | Adrienne | Studio 2 |
| FRIDAY | | | |
| 5:35 am | Total Body Workout | Chris | Studio 3 |
| 9 am | Aqua Fit | Sue | Pool |
| 9:30 am | Cardio Kickboxing | Perry | Studio 1 |
| 11:45 am | Power Yoga | Scott | Studio 2 |
| 4:30 pm | Zumba® | Jan | Studio 1 |
| SATURDAY | | | |
| 8 am | Total Body Workout | Mike/Maria | Studio 3 |
| 8:30 am | Barre Principle | Adrienne | Studio 2 |
| 8:45 am | Zumba® | Jan | Studio 1 |
| 9:45 am | Yin/Restorative Yoga | Adrienne | Studio 2 |
| SUNDAY | | | |
| 9 am | Power Yoga | Beth | Studio 2 |

Group fitness policies

- **Reservations required**
- Make a reservation at shoreviewmn.gov
- Classes require a minimum of 3 signed up participants to run
- Classes with fewer than 3 participants will be canceled due to low enrollment
- Wipe equipment before and after use
- Wash hands frequently and stay home if you are sick

Group x card

Temporary process

- **To start:** purchase Group x card at the parks & recreation desk in-person or over the phone at 651.490.4750 during office hours (M- F, 8 am - 4:30 pm)
- **To use:** Reserve your spot in class online at shoreviewmn.gov. Kiosks are off until further notice. Check-in with the instructor. Outdoor classes check-in at the pavilion.
- Classes never expire. Reload more online or with parks & recreation.
- **Questions?** Contact parks & recreation: 651.490.4750, recreation@shoreviewmn.gov

Pricing effective January 1, 2022

| Quantity | Regular | Annual member | Resident | Resident annual member |
|--|---------|---------------|----------|------------------------|
| 5 classes | \$49 | \$35 | \$45 | \$33 |
| 10 classes | \$96 | \$70 | \$88 | \$65 |
| 25 classes | \$240 | \$175 | \$219 | \$162 |
| 50 classes 5% discount included in price | \$454 | \$335 | \$418 | \$308 |

There is one Group x card allowed per individual. Cards are non-refundable and non-transferrable. Member discount applies to annual memberships only. One-time drop-in passes are available for purchase at the lower service desk the day of class.

Pricing subject to change.

