



September Group Fitness Begins 9/6

Becker Community Center

Monday

TIME	CLASS	LOCATION
8:00AM	SAIL - Mary LVL 0-1	GYM
8:30AM	Aqua Jam - Laneen LVL 1-2	BCC POOL
9:30AM	Cycle & Sculpt - Tracey LVL 2	GYM
6:00PM	Refit®-Patti LVL 1	GYM

Tuesday

TIME	CLASS	LOCATION
7:00AM	Nordic Walking-Mary LVL	BCC LOBBY
8:15AM	RIP Combo-Becky LVL 2	GYM
8:30AM	Aqua Jam - Laneen LVL 1-2	BCC POOL
9:30AM	Silver Sneakers Stability- Becky LVL 1	GYM
10:15AM	Nordic Walking-Mary LVL 1	BCC LOBBY
4:30PM	Tabata-Heidi LVL 2-3	MEETING ROOM
5:30PM	Indoor Cycling - Becky LVL 1	GYM
6:15PM	Kettle Bells-Charles LVL 3 Begins 9/13	MEETING ROOM
6:30PM	Yogalates - Kristi LVL 1-2	GYM

Wednesday

TIME	CLASS	LOCATION
5:15AM	Whatever Wednesday-Heather LVL 3	GYM
8:00AM	SAIL - Becky LVL 0-1	GYM
9:15AM	Tabata/Strength-Jaimie LVL 3	GYM
9:15AM	Yoga-Mandi LVL 1-2	CITY PARK
5:45PM	TBC- Tiffany LVL 2	GYM
6:00PM	Stretch & Restore-Hailey LVL 1	MEETING ROOM
6:45PM	Titanium Boxing®--Tiffany LVL 3 14th & 28th ONLY	GYM

Non-Member Class Fees		Adult
Single Class	\$8.00	\$6.50
5 Classes	\$36.00	\$29.25
10 Classes	\$72.00	\$58.50



Thursday

TIME	CLASS	LOCATION
5:15AM	TR-Xpress-Heather LVL 2-3	GYM
8:30AM	Indoor Cycling - Becky LVL 1	GYM
8:30AM	Aqua Jam – Laneen LVL 1-2	BCC POOL
9:30AM	Express Boxing-Jaime LVL 2-3	GYM
4:30PM	Tabata-Heidi LVL 2-3	MEETING ROOM
6:30PM	Zumba-Katie LVL 2-3	GYM

Friday

TIME	CLASS	LOCATION
8:15AM	Spartacus - Becky LVL 1-2	GYM
9:45AM	SAIL/SS Classic (Rotating Classes)- Becky LVL 1-2	GYM

Saturday

TIME	CLASS	LOCATION
8:15AM	Variety Classes- Tracey Cycling 9/10 Tiffany 9/17, 9/24	GYM

CLASS RESERVATIONS!

Please call to reserve your spot within 1 hour of class start time. Reservations may be made by phone; and once class registration is open you may reserve for the following two weeks. Due to limited equipment availability, **class reservations are encouraged.**

If you reserved a spot and can't attend class, please call 763-200-4271 to cancel asap, or at least an hour prior to the start of the class, so someone else may have your spot.

Titanium® Boxing, Express Boxing, Cycle & Sculpt, Indoor Cycling, RIP Combo, TR-Xpress, Kettle Bells, Nordic Walking and Specialty Classes require preregistration due to limited specific class equipment.

Classes are rated based on intensity. Anyone can participate in these classes, but they are given a level for your reference.

NORDIC WALKING

If there is inclement weather, class will be held in the BCC gym.