



Group Fitness Class Winter Jan-Feb 2025

651.415.9500 www.balanceforlifefitness.com 3555 Lexington Ave N Arden Hills 55126

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 am-9:40 am Strength and Balance for Healthy Aging Geraldine		8:30-9:25 am Strength and Yoga Stretch Jacqui				
9:45-10:25 am Chair/Standing Yoga (not getting down on floor) Geraldine	9-9:40 am Chair/Standing Yoga (not getting down on floor) Hybrid (at BFL or ZOOM) Geraldine		9-9:40 am Chair/Standing Yoga (not getting down on floor) Amber	9-9:55 am Begin/Inter. Pilates Mat Julie J		
10:35-11:15 am Chair/Standing Yoga (not getting down on floor) Geraldine	9:50-10:45 am Strength and Balance for Healthy Aging Geraldine	10-10:55 am Beginner Pilates Mat Daprice <hr/> 11:05-11:45 am Chair/Standing Yoga (Not getting down on floor) Donna	9:50-10:45 am Gentle Yoga Amber	10:05-10:45 am Chair/Standing Yoga (Not getting down on floor) Jacqui <hr/> 10:50-11:40 am Strength and Balance for Healthy Aging Jacqui	10-10:55 am Begin/Inter. Pilates Mat Class Jairo	10:30-11:25 am Beginner Strength and Yoga Colleen
12:30-1:25 pm Vinyasa Yoga Sam			11-11:55 am Vinyasa Yoga Emily <hr/> 12:15-1 pm Begin. Strength Chair/Standing (not getting down on floor) Emily	11:45 am-12:40 pm Strength and Balance for Healthy Aging Geraldine	11:05-Noon Strength and Tone Varies <hr/> 12:15-1:10 pm Beginner Strength and Yoga Donna	12:35-1:30 pm Hatha Yoga Sam <hr/> 1:35-2:30 pm Yin Yoga Sam
5:00-5:55pm Strength and Tone Abby	5:00-5:55 pm Tai Chi SERIES class-see CSR or website on how to enroll	5:30-6:25 pm Strength and Tone Dawn	5:00-5:55 pm Begin/Inter. Pilates Mat Class w) props Julie J			
6:05-7 pm Hatha Yoga Sam	6:05-7 pm Hatha Yoga Richard	6:45-7:40 pm Yin Yoga Sam	6:05-7 pm Dance Cardio Mary			
7:10-8:05 pm Yin Yoga Sam			7:10-8:05 pm Strength and Tone Tyler			