



Group Fitness Class Spring March to May 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) Donna	9-9:55 am Begin/Inter. Pilates Mat Julie J	9-9:55 am Begin/Inter. Pilates Mat Class Jairo	
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 Donna	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	10:05-11 am Studio Equipment Class Jairo (in personal training area)	10:30-11:25 am Beginner Strength and Yoga Colleen
12:30-1:25 pm Vinyasa Yoga Michelle	11:30-12:25 pm Beginner Pilates Mat Michelle W	12-12:55 pm Begin/Inter. Pilates Mat Michelle W	11-11:55 am Vinyasa Yoga Michelle <hr/> 12:30-1:15 pm Begin. Strength Chair/Standing (not getting down on floor) Abby	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	
4-4:45 pm FitFusion45 Geo <hr/> 5:00-5:55pm Strength and Tone Abby		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 Jennifer March/April Donna May	6:05-7 pm Hatha Yoga Richard <hr/> 7:10-8:05 Yin Yoga Richard		6:05-7 pm Dance Cardio Mary			