

# March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Instructors</b>  <b>DARLA BOEN</b>  <b>JEAN JANISCH</b>  <b>ASHLEY BEITO</b>  <b>KATIE WALRATH</b>  <b>SHERRIE ENGEN</b>  <b>SNOOKI BONDY</b>  <b>DANE FROILAND</b>  <b>MARIT KNUTSON</b>  <b>KELSEY BURMEISTER</b>  <b>KIELSY STUEBER</b>  <b>ALICIA HAVILAND</b>  <b>JOLENE MAMMEN</b>  <b>RENE MOONEY</b>  <b>DIANE LION</b>  <b>GYMNASTICS STAFF</b></p>	<p>5:30am Cardio/Strength (45 MIN)  6:15am Cycling (30 MIN)  10:00am Silver Sneakers (60 MIN)  11:30am Water Aerobics (45 MIN)  12:00pm Pump (45 MIN)  3:30-4:45pm Open Gym  5:15pm Zumba Glow (45 MIN)  5:20 Cycling (45 MIN)  6:00pm CORE MAX (20 MIN)  6:30pm Yoga Flow (60 MIN)</p>	<p>5:30am Cycle &amp; Abs (60 MIN)  5:30am Strength Circuit (60 MIN)  10:00am Silver Sneakers (60 MIN)  11:30am Water Aerobics (45 MIN)  12:00pm Cycling (30 MIN)  4:45pm Cardio Kickboxing (30 MIN)  5:30pm STRONG (30 MIN)  5:45pm Yoga for Beginners (60 MIN)  6:00pm Pump (45 MIN)  6:20pm Water Aerobics (40 MIN)</p>	<p>5:30am Cardio/Strength (45 MIN)  10:00am Silver Sneakers (60 MIN)  12:00pm CORE MAX (45 MIN)  3:30-5:15pm Open Gym  5:30 Cycling (45 MIN)  5:30pm Zumba Glow (45 MIN)</p>	<p>5:30am Cycle &amp; Abs (60 MIN)  5:30am Strength Circuit (60 MIN)  10:00am Silver Sneakers (60 MIN)  11:30am Water Aerobics (45 MIN)  12:00pm Pump (45 MIN)  3:30-5:15pm Open Gym  5:30pm STRONG (45 MIN)  6:20 Yoga Core Flow (60 MIN)  6:20pm Water Aerobics (40 MIN)</p>	<p>5:30am Strength Circuit (45 MIN)  6:15am Cycling (30 MIN)  8:00am Better Balance (60 MIN)  12:00pm Cycling (30 MIN)</p>	<p>7:00am Cycling Circuit (60 MIN) *28  8:30-10am Kids Open Gym</p>
<p>*DATES OF NO CLASS</p> <p>SIGN UP FOR CLASSES IN ADVANCE WITH APP OR ONLINE: <a href="http://MINBODYONLINE.COM">MINBODYONLINE.COM</a>  </p> <p>VIRTUAL CLASSES &amp; KIDS OPEN GYM AVAILABLE DURING STAFFED HOURS UPON REQUEST</p>						<p>  Instagram  @trf_wellnesscenter</p> <p> Find us on Facebook</p>
<p><b>SANFORD THIEF RIVER FALLS WELLNESS CENTER</b>  1720 Highway 59 S.  Thief River Falls, MN 56701  sanfordhealth.org  Keyword: trf wellness</p>						