

# September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Instructors</b>            DARLA BOEN            JEAN JANISCH            ASHLEY BEITO            KATIE WALRATH            SHERRIE ENGEN            SNOOKI BONDY            DANE FROILAND            MARIT KNUTSON            KELSEY BURMEISTER            KJELSY STUEBER            ALICIA HAVILAND            JOLENE MAMMEN            DIANE LION            KELLY GERSZEWSKI            GYMNASTICS STAFF</p> <p><b>VIRTUAL CLASSES</b>            AVAILABLE DURING            STAFFED HOURS            &amp; UPON ROOM            AVAILABILITY</p>	<p>5:30am Cardio/Strength (45 MIN)</p> <p>6:15am Cycling (30 MIN)</p> <p>10:00am Silver Sneakers (60 MIN)</p> <p>11:00am Kids Open Gym (60 MIN)</p> <p>11:30am Water Aerobics (45 MIN)</p> <p>12:00pm Pump (45 MIN)</p> <p>3:30-5:15pm Open Gym</p> <p>5:15pm Zumba Glow (45 MIN)</p> <p>5:20pm AMP Cycle (35 MIN)</p> <p>6:00pm CORE MAX (20 MIN)</p> <p>6:30pm Yoga Flow (60 MIN)</p> <p><b><u>NO CLASSES LABOR DAY</u></b></p>	<p>5:30am Cycling &amp; Abs (60 MIN)</p> <p>5:30am Strength Circuit (60 MIN)</p> <p>10:00am Silver Sneakers (60 MIN)</p> <p>11:30am Water Aerobics (45 MIN)</p> <p>12:00pm Cycling (30 MIN)</p> <p>4:45pm Cardio Kickboxing (30 MIN)</p> <p>5:30pm STRONG (30 MIN)</p> <p>5:30pm Yoga (60 MIN) *3, 10</p> <p>6:00pm PUMP (45 MIN)</p> <p>6:20pm Water Aerobics (40 MIN) *3rd held on 4th</p>	<p>5:30am Cardio/Strength (45 MIN)</p> <p>10:00am Silver Sneakers (60 MIN)</p> <p>11:00am Kids Open Gym (60 MIN)</p> <p>12:00pm CORE MAX (45 MIN)</p> <p>3:30-5:15pm Open Gym</p> <p>4:30pm Discover Cycling (30 MIN) *18</p> <p>5:30pm Zumba Glow (45 MIN)</p> <p>5:30pm AMP Cycle (45 MIN)</p> <p>6:30pm Strength Circuit (45 MIN) *18</p>	<p>5:30am Cycling &amp; Abs (60 MIN)</p> <p>5:30am Strength Circuit (60 MIN)</p> <p>10:00am Silver Sneakers (60 MIN)</p> <p>11:30am Water Aerobics (45 MIN)</p> <p>12:00pm Pump (45 MIN)</p> <p>3:30-5:15pm Open Gym</p> <p>5:30pm STRONG (45 MIN)</p> <p>6:15pm CORE MAX (20 MIN)</p> <p>6:20pm Water Aerobics (40 MIN) *19th held on 18th</p> <p>6:45pm Hatha Yoga (60 MIN) *19</p>	<p>5:30am Strength Circuit (45 MIN)</p> <p>6:15am Cycling (30 MIN)</p> <p>8:00am Better Balance (60 MIN)</p> <p>12:00pm Cycling (30 MIN) *20</p>	<p>7:00am Strength Circuit (60 MIN) *14</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>						<p><b>MINDBODY.</b>            SIGN UP FOR CLASSES            IN ADVANCE WITH            APP OR ONLINE:            MINDBODYONLINE.COM</p> <p>*DATES OF NO CLASS</p> <p>            Instagram            trf_wellnesscenter</p> <p> Find us on            Facebook</p> <p><b>WELLNESS CENTER</b>            SANFORD HEALTH</p>