

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:30am Cardio/Strength (45 MIN)	5:30am Cycling & Abs (60 MIN)	5:30am Cardio/Strength (45 MIN)	5:30am Cycling & Abs (60 MIN)	5:30am Strength Circuit (45 MIN)		
	6:15am Cycling (30 MIN)	5:30am Strength Circuit (60 MIN)		5:30am Strength Circuit (60 MIN)	6:15am Cycling (30 MIN)	7:00am Strength Circuit (60 MIN) *24	
	10:00am Silver Sneakers (60 MIN)	10:00am Silver Sneakers (60 MIN)	10:00am Silver Sneakers (60 MIN)	10:00am Silver Sneakers (60 MIN)	8:00am Better Balance (60 MIN)		
Instructors DARLA BOEN JEAN JANISCH ASHLEY BEITO KATIE WALRATH SHERRIE ENGEN SNOOKI BONDY DANE FROILAND MARIT KNUTSON KELSEY BUERMEISTER KJELSY STUEBER ALICIA HAVILAND JOLENE MAMMEN DIANE LION KELLY GERSZEWSKI GYMNASTICS STAFF VIRTUAL CLASSES AVAILABLE DURING STAFFED HOURS & UPON ROOM AVAILABILITY	11:00am Kids Open Gym (60 MIN)	11:30am Water Aerobics (45 MIN)	11:30am Water Aerobics (45 MIN)	11:30am Water Aerobics (45 MIN)			
	12:00pm Pump (45 MIN)	12:00pm Cycling (30 MIN)	12:00pm CORE MAX (45 MIN)	12:00pm Pump (45 MIN)	12:00pm Cycling (30 MIN) *23		
	5:00pm Kids Open Gym (2 HOURS)	4:45pm Cardio Kickboxing (30 MIN)	4:30pm Discover Cycling (30 MIN)	5:00pm Kids Open Gym (2 HOURS)			
	5:15pm Zumba Glow (45 MIN)	5:30pm STRONG (30 MIN)	5:30pm Zumba Glow (45 MIN)	5:30pm STRONG (45 MIN)			
	5:20pm AMP Cycle (35 MIN)	5:30pm Yoga in the Park (60 MIN) *27	5:30pm AMP Cycle (45 MIN)	6:15pm CORE MAX (20 MIN)			
	6:00pm CORE MAX (20 MIN)	6:00pm PUMP (45 MIN)	6:30pm Strength Circuit (45 MIN)	6:20pm Water Aerobics (40 MIN)			
	6:30pm Yoga Flow (60 MIN)	6:20pm Water Aerobics (40 MIN)		6:45pm Hatha Yoga (60 MIN) *29			

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