




January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Cycling (60 MIN)	5:30am Cardio/Strength (45 MIN)	5:30am Cycling & Abs (60 MIN) *1	5:30am Cardio/Strength (45 MIN)	5:30am Cycling & Abs (60 MIN)	5:30am Strength Circuit (45 MIN)	7:00am Strength Circuit (60 MIN) *26
	6:15am Cycling (30 MIN) *28th	8:30am Virtual Yoga (60 MIN)		6:15am Cardio Kickboxing (45 MIN)	6:15am Cycling (30 MIN)	9:00am Cardio Kickboxing (45 MIN)
	10:00am Silver Sneakers (60 MIN)	10:00am Silver Sneakers (60 MIN) *1	10:00am Silver Sneakers (60 MIN)	8:30am Virtual Yoga (60 MIN)		9:00 Zumba on the 19th (45 MIN)
	11:15am Water Aerobics (45 MIN)	11:30am Water Aerobics (45 MIN) *1		10:00am Silver Sneakers (60 MIN)		
	12:00pm Pump (45 MIN)	12:00pm Cycling (30 MIN) *1	12:00pm Virtual Cycling (30 MIN)	11:30am Water Aerobics (45 MIN)	12:00pm Cycling (30 MIN)	
			4:30pm Discover Cycling (30 MIN)	12:00pm Pump (45 MIN)		
	5:15pm Zumba Glow (45 MIN)	5:30pm Muscle MAX (45 MIN) *1	5:15pm Zumba Glow (45 MIN)	5:30pm Muscle MAX (45 MIN) *17th		
	6:00pm CORE MAX (20 MIN)	6:20pm Water Aerobics (40 MIN) *1	6:00pm Pump (45 MIN)	6:20pm Water Aerobics (40 MIN)		
	6:30pm Yoga Flow (60 MIN)	*15th held on the 14th *22nd held on the 21st		6:30pm Hatha Yoga (60 MIN) *31		
		7:00pm Cardio Kickboxing (45 MIN) *1				
		There will be no classes held on January 1st				
		HAPPY★NEW★YEAR				
					 SIGN UP FOR CLASSES IN ADVANCE WITH OUR APP OR ONLINE: WWW.MINDBODYONLINE.COM	Instructors DARLA BOEN JEAN JANISCH ASHLEY BEITO KATIE WALRATH SHERRIE ENGEN SNOOKI BONDY DANE FROILAND MARIT KNUTSON KELSEY DZIENGEL KALLIE KEZAR KJELSY STUEBER ALICIA HAVILAND JOLENE MAMMEN MICHAEL NELSON DIANE LION
					*DATES OF NO CLASSES	 Find us on Facebook
					VIRTUAL CLASSES AVAILABLE DURING STAFFED HOURS AND UPON ROOM AVAILABILITY	 trf_wellnesscenter Instagram



1720 HWY 59 SOUTH
TRF, MN
(218) 683-4367