






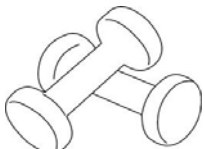




## Winter Classes 2016

Effective 11/4/2016

### Achieve in a group what is hard to do alone!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Circuit Training 5:00-5:45 Joleen	Spin/Run 5:00-5:45 Joleen/Sean	Circuit Training 5:00-5:45 Joleen	Spin/Run 5:00-5:45 Joleen/Sean	Circuit Training 5:00-5:45 Joleen	
Hot Sculpt 6:00-7:00 Joleen	Hot Sculpt 6:00-7:00 Joleen	POWER YOGA 6:00-7:00 Joleen	Hot Sculpt 6:00-7:00 Joleen	Hot Sculpt 6:00-7:00 Joleen	Spin 6:00-6:45 Joleen
 8:15-9:00 Kristen		TRX Cross Circuit 8:15-9:00 Kristen		 8:15-9:00 Kristen	Hot Sculpt 7:00 - 8:00 AM Joleen
Power Pump 9:00-9:45 Kristen	Yoga 9:30-11:00 Rob		Yoga 9:30-11:00 Rob	Power Pump 9:00-9:45 Kristen	 8:45 - 9:45 Coral
					Yoga 10:00 - 11:30 Rob
Vinyasa Yoga Flow 11:00 - 12:00 Julia		Vinyasa Yoga Flow 11:00 - 12:00 Julia			Beginning Yoga 11:45 - 1:00 Rob
	Beginning TRX 1:00 - 1:45 Lisa		Beginning TRX 1:00 - 1:45 Lisa		Specialty class \$10 Offered only spot the <u>First Saturday</u> of the month
	Pilates 4:30-5:15 Ashley		Pilates 4:30-5:15 Ashley		
Yoga Sculpt 5:30-6:30 Dani	Spin & Strength 5:30-6:15 Ashley		Spin & Strength 5:30-6:15 Ashley		
	Limit to 8 participants		Limit to 8 participants		
	 5:45 -6:45 Coral	Yoga 7:00 - 8:30 Rob	 5:45 -6:45 Coral		

• Unlimited studio class upgrade for Snap Members \$25/month when added to your auto billing or \$27/month cash

• Drop in \$8 Member individual class cost and \$10 for Non-Members.

• All of our instructors are nationally certified/licenced by NETA, ACE, NASAM, Yoga Fit and much more.

• Punch cards available \$95/15 classes for Snap Members, \$150/15 classes for a non-member

• For updates on classes check Facebook, ZUMBA.com or the calendar on bottom of the Snap web site page

\* Cancellations due to weather will be determined by school closings.

**Snap Fitness 218-568-5999 31108 Government Drive Pequot Lakes, MN 56472**