

HS PE and sports weight room usage:
 Mon & Wed- Cross country 4:45-5:30pm
 Tues & Thurs- Phy Ed 11:15am-12:45pm
 Fridays- Phy Ed- 1-2pm



763-477-5294

Sunday 10am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
Important announcements: *Please review the calendar for canceled fitness classes. *3:45pm M/W/F fitness class is on pause until further notice. - PE will be in the weight room Tuesdays and Thursdays 11:15-12:45 and Fridays from 1-2pm. - Richard's (TRX instructor) last day until Spring is 9/21.				1 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + barre 6:00pm- Yoga 6:45pm Bootcamp	2 7:30am- Primetime 8:30am-MegaFit	3 9:00am- Yoga 9:00am- TRX Fitness
4 5:00pm- Zumba	5 7:30am- Primetime 9:00am-MegaFit	6 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + Barre 6:00pm- Barre 6:45pm- Bootcamp No Yoga	7 8:00am- TRX Fitness 9:00am-MegaFit-RPC 6:00pm- Zumba 7:00pm- Pound Fitness	8 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + barre 6:00pm- Yoga No Yoga & Bootcamp	9 NO Primetime & MegaFit	10 9:00am- Yoga No TRX Fitness
11 5:00pm- Zumba	12 NO Primetime & MegaFit	13 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + Barre 6:00pm- Yoga 6:00pm- Barre 6:45pm- Bootcamp	14 8:00am- TRX Fitness 9:00am- MegaFit- RPC 6:00pm- Zumba 7:00pm- Pound Fitness	15 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + barre 6:00pm- Yoga 6:45pm Bootcamp	16 7:30am- Primetime 8:30am-MegaFit	17 8:00am Pound Unplugged 9:00am- Yoga 9:00am- TRX Fitness
18 5:00pm- Zumba	19 NO Primetime & MegaFit	20 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + Barre 6:00pm- Yoga 6:00pm- Barre 6:45pm- Bootcamp	21 8:00am- TRX Fitness- Richards last day until next spring. 6:00pm- Zumba 7:00pm- Pound Fitness No MegaFit	22 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + barre 6:00pm- Yoga 6:45pm- Bootcamp	23 NO Primetime & MegaFit	24 9:00am- Yoga
25 5:00pm- Zumba	26 7:30am- Primetime 9:00am-MegaFit	27 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + Barre 6:00pm- Yoga 6:00pm- Barre 6:45pm- Bootcamp	28 8:00am- TRX Fitness 9:00am-MegaFit-RPC 6:00pm- Zumba 7:00pm- Pound Fitness	29 8:00am- Super Fit Senior 9:00am- Senior strength 9:00am- Pilates + barre 6:00pm- Yoga 6:45pm- Bootcamp	30 7:30am- Primetime 8:30am-MegaFit	31 8:00am Pound Unplugged 9:00am- Yoga

October Fieldhouse Schedule

Sunday 10am-9pm	Monday 5am - 9pm	Tuesday 5am - 9pm	Wednesday 5am - 9pm	Thursday 5am - 9pm	Friday 5am - 9pm	Saturday 8am - 4pm
Important Announcements: *Incase of inclement weather, Phy Ed and Fall sports could be in our Fieldhouse between 8am-5:30pm. Please call the front desk 763-477-5294, to confirm avaiblilty.				1 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer practice (1) 6:45-7:45pm– Bootcamp (1)	2 7:30-8:30am Primetime (2) 9-10am MegaFit (2)	3
4	5 7:30-8:30am-Primetime-(2) 9-10am MegaFit (2) 9-10:30am Pickleball lessons (3) 3-5:30pm– Cheer (1)	6 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1) 6:45-7:45pm– Bootcamp (1)	7 9-10:30am Pickleball lessons (2) 6:30-9pm Open pickleball (2,3)	8 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1) 6:45-7:45pm– Bootcamp (1)	9 6:30-9pm Open pickleball (2,3)	10
11	12 9-10:30am Pickleball lessons (3) 3-5:30pm– Cheer (1)	13 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1) 6:45-7:45pm– Bootcamp (1)	14 9-10:30am Pickleball lessons (2) 6:30-9pm Open pickleball (2,3)	15 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1) 6:45-7:45pm-Bootcamp (1)	16 7:30-8:30am Primetime (2) 9-10am MegaFit (2) 6:30-9pm Open pickleball (2,3)	17
18 5-7pm Women's volleyball league (2,3)	19 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1)	20 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 3-5:30pm– Cheer (1) 6:45-7:45pm– Bootcamp (1) No Pickleball Lessons	21 9-10:30am Pickleball lessons (2) 6:30-9pm Open pickleball (2,3)	22 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1) 6:45-7:45pm-Bootcamp (1)	23 6:30-9pm Open pickleball (2,3)	24
25 5-7pm Women's volleyball league (2,3)	26 7:30-8:30am-Primetime-(2) 9-10am MegaFit (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1)	27 8-9am Senior fitness (2) 9-10am Senior Strength & Balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1) 6:45-7:45pm– Bootcamp (1)	28 9-10:30am Pickleball lessons (2) 6:30-9pm Open pickleball (2,3)	29 8-9am Senior fitness (2) 9-10am Senior Strength & balance (2) 9-10:30am Pickleball (3) 3-5:30pm– Cheer (1) 6:45-7:45pm-Bootcamp (1)	30 7:30-8:30am Primetime (2) 9-10am MegaFit (2) 6:30-9pm Open pickleball (2,3)	31