




























# June 2017

# THE FITNESS CENTER

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO 1	*****	STUDIO 1	*****	STUDIO 1	*****	STUDIO 1	*****
5:05 AM							
7:00 AM							<b>RIPPED or BODY STEP</b> See back for rotation schedule.
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM					<b>RIPPED or BODY STEP</b> See back for rotation schedule.		
10:00 AM						* *Endorsed by Silver & Fit	
10:30 AM							
1:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:05 PM							
STUDIO 2	*****	STUDIO 2	*****	STUDIO 2	*****	STUDIO 2	*****
5:05 AM							
5:15 AM							
9:30 AM							
1:00 PM		* *Endorsed by Silver & Fit		* *Endorsed by Silver & Fit			
5:15 PM							
5:30 PM							
6:00 PM		*Express 45 min. Step					
6:05 PM							

# Fitness Center Classes:

# THE FITNESS CENTER

Sports • Fitness • Wellness



\*Endorsed by Silver&Fit

Visit [www.NewPragueFitnessCenter.com](http://www.NewPragueFitnessCenter.com) for class descriptions.

## Class Rotation Schedules:

### Thursday 9:30 am Class Rotation:

June 1, 15 and 29 - RIPPED

June 8 and 22 - STEP

### Saturday 7:00 am Class Rotation:

June 3 and 17 - STEP

June 10 and 24 - RIPPED

## JUNE CLASS CHANGES

*The following classes have been dropped:*

### Monday's

5:05 am TRX Express

4:30 pm Body Pump Express

### Thursday's

5:30 pm CX Worx

6:05 pm Body Flow Express

*The following classes have been added:*

### Monday's

5:15 am Outdoor Circuit Class



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504 Sixth Ave NW  
New Prague MN 56071  
952.257.8811

[www.newpraguefitnesscenter.com](http://www.newpraguefitnesscenter.com)



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## CLUB HOURS

Monday-Thursday 4:55 a.m. - 9:00 p.m.

Friday 4:55 a.m. - 7:00 p.m.

Saturday 7:00 a.m. - 3:00 p.m.

Sunday 7:00 a.m. - 3:00 p.m.

## CHILDCARE HOURS

Monday-Thursday 9:00 a.m. - 12:00 p.m.

5:15 p.m. - 7:45 p.m.

Friday 9:00 a.m. - 12:00 p.m.

**\*NO FRIDAY AFTERNOON CHILDCARE**

**\*NO SATURDAY CHILDCARE**