

















September 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							RIPPED or BODY STEP See back for rotation schedule.
8:00 AM							
8:30 AM		SilverSneakers® Musc. Strength & ROM	SilverSneakers® Musc. Strength & ROM	SilverSneakers® Musc. Strength & ROM	SilverSneakers® Musc. Strength & ROM		
9:00 AM							
9:30 AM					RIPPED or TRX MAX See back for rotation schedule		
10:00 AM						* *Endorsed by Silver & Fit	
10:30 AM						SilverSneakers® Yoga	
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			
4:30 PM							
5:15 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 for class descriptions.

Class Rotation Schedules:

Thursday 9:30am Class Rotation:

September 7 & 21 - RIPPED (Studio1)

September 14 & 28 - TRX MAX (Studio 2)

Saturday 7:00am Class Rotation:

September 2, 16 & 30 - STEP

September 9 & 23 - RIPPED



THE FITNESS CENTER

Sports • Fitness • Wellness

504 Sixth Ave NW
New Prague MN 56071
952.257.8811

www.newpraguefitnesscenter.com



THE FITNESS CENTER

Sports • Fitness • Wellness

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**