






















November 2017

THE FITNESS CENTER

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO 1	*****	STUDIO 1	*****	STUDIO 1	*****	STUDIO 1	*****
5:05 AM							
7:10 AM		*Express 45 min. Pump					RIPPED or BODY STEP See back for rotation schedule.
8:15 AM							
8:30 AM		SilverSneakers® Musc. Strength & ROM	SilverSneakers® Musc. Strength & ROM	SilverSneakers® Musc. Strength & ROM	SilverSneakers® Musc. Strength & ROM		*Express 45 min Pump
9:00 AM							
9:30 AM							
10:00 AM		*Express 45 min. Pump				* Endorsed by Silver & Fit	
11:00 AM						SilverSneakers® Yoga	
1:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:05 PM					*Express 45 min. Pump		
6:30 PM		*Express 45 min. Flow					
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:

Saturday 7:10am Class Rotation:

November 4 & 18 - RIPPED

November 11 & 25 - BODY STEP

THANKSGIVING HOLIDAY HOURS & CLASSES

Thursday, Nov. 23: 7-11am

*2 Mile Run/Walk @ 7:30am

*Body Step @ 8:15am

Friday, Nov. 24: 7am-7pm

*TRX Max @ 9:30am



THE FITNESS CENTER

Sports • Fitness • Wellness

504 Sixth Ave NW
New Prague MN 56071
952.257.8811

www.newpraguefitnesscenter.com

Owned and operated by
Mayo Clinic Health System

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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**