



























January 2018

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					
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							
5:15 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							
8:00 AM		*Express 30 min. Rumble		*Express 30 min. TRX			RIPPED or RUMBLE See back for rotation schedule.
9:30 AM							
1:00 PM	ROTATING CLASS See back for rotation schedule.	* *Endorsed by Silver & Fit		* *Endorsed by Silver & Fit			
5:15 PM							
5:30 PM		*Express 45 min. Step					
5:45 PM			*Express 30 min. TRX				
6:05 PM							
6:05 PM			*Express 30 min. Rumble				

Fitness Center Classes:

THE FITNESS CENTER

Sports • Fitness • Wellness



*Endorsed by Silver&Fit

Visit www.NewPragueFitnessCenter.com for class descriptions.

Class Rotation Schedules:

New Year's Day Schedule:

Monday, Jan. 1, 2018: OPEN 7am-Noon

*Body Pump Express @ 9:30am (New Release!)

*RUMBLE Launch @ 10:30am!**

**Sign-up at the front desk to register for this class!

Saturday 8am Class Rotation:

January 6 & 20 - RIPPED

January 13 & 27 - RUMBLE

Sunday 1pm Class Rotation

January 7 - STEP EXPRESS (45 Min)

January 14 - FLOW EXPRESS (45 Min)

January 21 - 1pm CX Worx &

1:35pm RUMBLE (30 Min)

January 28 - RIPPED



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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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**