

CLASS SCHEDULE 2025

Park Avenue Fitness: 218-879-3599 (www.parktherapy.com)

Monday	Tuesday	Wednesday	Thursday	Friday	
8:30-9:30am HIIT Instr. Jim	8:30-9:30am HIIT Instr. Jim		8:30-9:30am HIIT Instr. Jim		Member's only: Saturday Family Swim 9am to 11am
9:00-10:00am Pool Toning Instr. Sue W		9:00-10:00am Pool Toning Instr. Sue W		9:00-10:00am Pool Toning Instr. Karen	In a workout rut? Hit a Plateau? Hire a Fitness Trainer or Certified Personal Trainer Information at front desk
11:30-12:15pm Chair Yoga Instr. Sue E. @Park Ave	10:00-11:00am Silver Strength Instr. Kim	10:00-10:45am Chair Yoga Instr. S. Erickson @Evergreen	10:00-11:00am Silver Strength Instr. Kim	11:00-11:45am Chair Yoga Instr. Carolyn @ Evergreen	Hours: M, T, W, Th, F 6am-9pm Pool closes at 8:45pm
1:00-2:00pm Silver Pool Toning Instr. Toni		11:00-12:00pm Silver Tae Kwon Do Instr. Jeff Hall \$\$	1:00-2:00pm Silver Pool Toning Instr. Toni		Sat: 8am-8pm Pool closes at 7:45pm Sun: 9am-4pm Pool closes at 3:00pm
5:00-6:00pm Pool Toning Instr. Julie A.			5:00-6:00pm Pool Toning Instr. Julie A.		POOL IS CLOSED FOR POOL CLASSES Thank you! All \$\$ classes please sign up through Cloquet Community Ed.
6:00-9:00pm Uchei Ruy Karate \$\$	5:00-6:00pm Zumba Instr. Julie		5:00-6:00pm Zumba Instr. Julie	SATURDAY 9:00-10:00am Zumba Instr. Julie	Classes with \$\$ will cost extra New Senior TKD Class Session starting Sept 3rd. New Chair Yoga Class 11:30am Mon. Class descriptions on back