

CLASS SCHEDULE 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday	
9:00-10:00am Pool Toning Instr. Sue	8:45-9:30am Pump it up Instr. Kim	9:00-10:00am Pool Toning Instr. Sue	8:45-9:30am Pump it up Instr. Kim	9:00-10:00am Pool Toning Instr. Karen	Member's only Saturday Family Swim 9am to 11am \$3 per kid max of 3 kids per member In a workout rut? Hit a Plateau? Hire a Certified Personal Trainer.. 1 Season Starting at \$42.50 6 Seasons Starting at \$240.00
1:00-2:00pm Silver Pool Toning Instr. Toni	10:00-11:00am Silver Strength Instr. Kim		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
		5:15 -6:00 SPIN April & May Instr. Carolyn	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
6:00-9:00pm Uchei Ruy Karate \$\$	5:00-6:00pm Private upstairs		5:00-6:00pm Pool Toning Instr. Julie A.		POOL IS CLOSED FOR POOL CLASSES SPA JETS MAY NOT BE TURNED ON WHEN THERE'S A CLASS! Thank you
			5:00-6:00pm Private upstairs		Summer Membership \$99 plus tax
					Class descriptions on back