CLASS SCHEDULE 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday	
9:00-10:00am **Zumba** Instr. Julie	8:00-9:00am **HIIT** Instr. Jim	9:00-10:00am **Zumba** Instr. Julie	8:00-9:00am **HIIT** Instr. Jim	9:00-10:00am **Zumba** Instr. Julie	**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	11:00-11:45am **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			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**
4:00-5:00pm **Pool Toning** Instr. Julie A.			4:00-5:00pm **Pool Toning** Instr. Julie A.		**POOL IS CLOSED FOR POOL CLASSES** **Thank you!** **All $$ classes please sign up through Cloquet Community Ed.**
6:00-9:00pm **Uchei Ruy Karate $$**		**5:15-6:00pm** **SPIN Class $$** **Instr. Carolyn**	6:30-7:30pm **Self Defense/$$** **TaeKwon Do** Instr. Jeff Hall		**Classes with $$ will cost extra** **Bonus Classes: Fri Aug 14th, 28th** **Balance, Body, Basics 11am**

Class Descriptions

- **HIIT:** Look great and feel great, from head to toe! This class is a combination of short bursts of movement. Movements that work multiple muscle groups at once. Then followed by a periods of rest.

- **Silver Chair Yoga:** Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered. Designed to increase flexibility, balance, and range of movement. Restorative breathing exercises will promote stress reduction and mental clarity.

- **Karate:** Uechi-Ryu Karate focusing on real life self-defense. Confidence, self-discipline and detailed one-on one instruction will be practiced. Beginner and advanced classes offered.

- **Silver Strength:** Very moderate exercise class. We'll use small balls, exercise stretch bands, and free weights. We will use chairs for ½ or more of the class time.

- **Silver Pool Toning:** Very moderate class of pool exercises and stretching, especially formulated for clients with various types of arthritis or those wanting a low intensity pool workout.

- **Pool Toning:** Intermediate level of pool exercise, which includes toning, stretching, and aerobic moves in the water using noodles, water weights, gloves, and kickboards.

- **Chair Yoga:** At Evergreen Community Room. Standing and seated exercises for strength, flexibility, and balance.

- **Chair Yoga Strength:** Utilizes free weights with chair and standing stretches.

- **Spin:** Is a great cardiovascular workout that is easy on the joints and improves joint function as well as increase strength