



Zimmerman Group Fitness MAY 2026

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#FITEVOROCKS @ROCKINFITEVO

Club Phone Number: 763-856-4200



All classes will run 45minutes.

Club Hours: Monday to Thursday 5:00am to 11:00pm, Friday 5:00am to 10:00pm Saturday & Sunday 7:00am to 9:00pm

Kids Club Hours: Monday – Saturday 8:30am–12:00pm, Monday-Thursday 4:00pm–8:00pm

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STUDIO							
7:45am		STRONG Tami	STEP Polly	COREX Polly	LINE DANCE Polly		
9:00am		POWER MIXX Heather	STRONG Tami	YOGA Polly	STRONG Heather	TBC Tracy	TBC Tami
10:00am							
10:15am		BE FIT Diane	MINDFUL YOGA Kim	SILVER SNEAKERS Diane	MINDFUL YOGA Kim	FUSION – axis flow Kim	
4:30pm							
5:30pm			STRONG Tami/Jenni		STRONG Tami		
6:00pm		ZUMBA Misty		ZUMBA Misty			
6:30pm			STEP Tami		AXIS -core Tami		
POOL							
9:00am			AQUA INTERVAL Kim		AQUA FIT Polly	AQUA CIRCUIT Kim	
6:00pm		AQUA FIT Tami		AQUA INTERVAL Tami			

Instructor class assignments subject to change.

Management reserves the right to adjust the schedule on short notice due to low attendance or inclement weather conditions.

Class Descriptions

Group fitness offers something for everyone at every level.

If you are new to fitness, let the instructor know so they can help set you up to get the most out of the class.

It will always take a few classes to get comfortable, DON'T GIVE UP!!! We are here to help you succeed!

Strength/Cardio

- **STRONG: Strength Training Revolution Optimizing Natural Growth!** Strength training at its most enjoyable! Guaranteed to leave you feeling strong and accomplished. Class format will include all strength sections with active warmup and a relaxing cooldown.
- **TBC: Total Body Conditioning: Free Style** class that may include sequences from STEP, Boot Camp, Tabata, circuits and intervals focusing on cardio and strength for your entire body.
- **Step:** Choreographed class using platform step and risers.
- **Power Mixx:** A cardio based mix of Power Systems formats seamlessly blended together for one complete workout. Class may include: kickboxing, intervals, strength, plyometrics and strength.
- **Zumba®:** Latin Inspired dance fitness class.
- **Line Dancing:** Take it to the club with step-by-step cardio line dancing!
- **CoreX:** Hard core focus fused with flexibility and mobility training.
- **AXIS by Power Music** is a functional training, core based workout designed to bridge the gap between cardio and strength, focusing on stability, mobility, and power, utilizing bodyweight and sometimes light dumbbells. Each class will include extra focus time on either power/cardio, core/strength or flexibility/flow.

Aquatic

- **Aqua Fit:** A class for all levels that works your full range of motion with easy-to-follow choreography.
- **Aqua Interval:** Timed intervals or circuits of work and rest focusing on cardio and strength. Aqua Pilates and Yoga will also be incorporated into the class. All levels welcome.
- **Aqua Mix:** Class will be a mixture of any of the formats above.

Mind & Body

- **Yoga:** Traditional yoga focusing on flexibility, toning, and breathing. Ends with relaxation.
- **Mindful Yoga:** This yoga class will make adaptations and allow challenges for all fitness levels and abilities. Class begins seated, then works to standing poses/flows then back down to the floor. You will be guided through stretches, strength work and relaxation. Chairs will be used as tools, don't let that fool you, plan to get a great yoga fitness workout.
- **Gentle Flow:** A gentle moving yoga with not too many ups and downs. Class will end with relaxation. Modifications for all levels.

Active Older Adult

- **BE Fit:** Works flexibility, joint stability, balance, coordination, strength, and cardiovascular endurance. Modifications will be made for any fitness level. **CARDIO** and **CORE** focus
- **SS Classic®:** Designed to increase muscular strength, flexibility, and activity for daily living skills.

Attendance card needed for class:

Check in and pick up your card at the front desk for class. We do not reserve spots ahead of time.

Questions, contact kim@fitevomn.com