Buffalo Group Fitness Schedule FALL 2026

November 11, 2026

Club Hours: Monday to Thursday 5:00am to 11:00pm, Friday 5:00am to 10:00pm Saturday & Sunday 6:00am to 9:00pm
Kids Club Hours: Monday thru Saturday 8:00am to 1:30pm, Monday thru Thursday 4:00pm to 8:30pm, Friday 4:00pm to 8:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am		Body Pump EXP©-GX1 Kath S (5:10)	Spynergy – GX2 Nancy B	Body Pump© HEAVY - GX1 Kath S **(5:10)**			
7:00 OR 7:15am						Body Pump© GX1 Kath S (7:00)	
8:15am	Cardio Drumming-GX1 Erin M	Silver Soul -GX1 Polly C	Dance Jam -GX1 Cari S	Silver Soul- GX1 Polly C	Soul Strength – GX1 Tina A	Yoga Fusion GX1 Polly C	
8:30am	Spynergy – GX2 Tina A		Spynergy – GX2 Tina A				
9:00am POOL	Aqua Circuit Polly C	Aqua Tabata Heather K	Aqua Circuit Heather K	Aqua Tabata Heather M	Aqua Circuit Heather K		
9:15 OR 9:30am	Body Pump© - GX1 Janet W	Hatha Yoga – GX1 Jami W	Body Pump© - GX1 Janet W	Cardio Dance- GX1 Stephanie	Body Pump© - GX1 Susie S	*NEW- Saturday Unscripted – GX1*	
10:15am		Mat Pilates-GX1 Jami W (10:10)		Yoga Flow –GX1 Rachel (10:10)			
10:30am	Qigong – GX1 Nate K		Golden Yoga -GX1 Janine K		*NEW* Strong & Steady -GX1 Susie S		
11:00am		SS Circuit -GX1 Heather K		Mat Pilates -GX1 Jami W SS Classic -GX2 Heather K			
12:00pm	PiYo Live 45 -GX1 Michelle E	Body Pump© HEAVY - GX1 Michelle E	Yoga Flow -GX1 Janine K	Body Pump EXP© -GX1 Michelle E			
4:30pm	Mat Pilates EXP – GX1 Jami W	Amp'd Up Arms & Abs EXP Beth S	Mobility/Core EXP-GX1 Jami/Susie S	Aqua Circuit - Pool Jen D			
5:15pm	Yoga Flow -GX1 Jami W	Butz & Gutz - GX1 Beth S	TBC - GX1 Jami W	*NEW* Step & Strength - GX1 Polly C			
5:30 OR 5:45pm	Aqua Circuit -Pool Jen D (5:30)						
6:15 OR 6:30 pm	Body Pump©/ BP HEAVY - GX1 Heather M. (6:15)	Cardio Drumming-GX1 Erin M (6:15)	Body Pump©/ BP HEAVY - GX1 Miranda D (6:15)	*NEW TIME* – Yoga Fusion - GX1 Polly C (6:15)			Yoga Your Way– GX1 Rachel/Jami/Alex (6:30)
7:15 pm		Cardio Dance-GX1 Erin M (7:10)					

Comments or Questions contact GX Director, Jami Wittke – Jami@fitevomn.com @fitevoGXcommunity @FitnessEvolutionMinnesota

*NOTE: Schedule is subject to change with short notice due to low attendance, illness or inclement weather conditions REV 10.22.26

Comments or Questions contact GX Director, Jami Wittke – Jami@fitevomn.com @fitevoGXcommunity @FitnessEvolutionMinnesota

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