



Buffalo Group Fitness Schedule FALL 2026

October 1, 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 Erin M/Cari S	Body Pump® - GX1 Susie S	<i>NEW- Saturday Unscripted – GX1</i>	
10:15am		Mat Pilates-GX1 Jami W (10:10)		Yoga Flow –GX1 Rachel/Amee (10:10)			
10:30am	Qigong – GX1 Nate K		Golden Yoga -GX1 Janine K		Barre Balance -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				
5:30 OR 5:45pm	Aqua Circuit -Pool Jen D (5:30)			Yoga Fusion - GX1 Polly C (5:45)			
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)				Gentle Yoga Flow– GX1 Amee (6:30)
7:15 pm		Cardio Dance-GX1 Erin M					

Comments or Questions contact GX Director, Heather Moseley Heather@fitevomn.com
www.fitevomn.com @fitevoGXcommunity @FitnessEvolutionMinnesota

*NOTE: Schedule is subject to change with short notice due to low attendance, illness or inclement weather conditions REV 9.30.26