



Zimmerman

Group Fitness

Fall 2026
Begins October 5, 2026

WWW.FITEVOMN.COM

Club Phone: 763-856-4200

#FITEVOROCKS

@ROCKINFITEVO

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STUDIO						
7:45am	COREX Tami	STEP Tami	STRONG Tami			
9:00am	STRONG Tami	POWER MIXX Heather	YOGA STRUCTURE Kim	STRONG Heather	TBC Tracy	TBC MIXX Tami
10:15am	BE FIT CARDIO CORE Diane	MINDFUL YOGA Kim	SILVER SNEAKERS® Diane	MINDFUL YOGA Kim	YOGA FLOW Polly C	
5:00pm			COREX Tami			
6:00pm	ZUMBA® Misty	TBC Tami	ZUMBA® Misty	STRONG Tami		
POOL						
9:00am		AQUA INTERVAL Kim		AQUA FIT Deb	AQUA FIT Polly C	
6:00pm			AQUA MIXX Tami			

🕒 **For everyone's safety, participants may not enter class more than five minutes after starting time. All classes will run 45minutes.**

📅 **Management reserves the right to make schedule adjustments. Inclement weather or low attendance may result in cancellations.**

👤 **Attendance card needed for class: Check in at the front desk before class. We do not reserve spots ahead of time.**

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 you to get the most out of the class. It may 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!** 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.
- **CoreX:** Hard core focus fused with flexibility and mobility training.

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 Structure:** More than just traditional yoga! Put all the pieces together. Class will blend traditional yoga with Pilates, strength, balance, flexibility, mobility, core, and 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
- **Silver Sneakers®:** Designed to increase muscular strength, flexibility, and activity for daily living skills.
- ❖ **Silver Sneakers members may take any scheduled class and all participants are welcome in Silver Sneakers. Additional Active Older Adult focused options include All Aqua classes, Mindful Yoga, Gentle Flow Yoga.**

Questions, contact kim@fitevomn.com