



# Monticello

## Group Fitness

### MAY 2026

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#FITEVOROCKS @ROCKINFITEVO

Club Phone Number: 763-295-3002

May Promo - Monticello Only  
 Bring a guest or free to GX classes!  
 Member and guest must check in at  
 the same time. GX access only

**Club Hours: Monday to Thursday 5:00am to 10:00pm, Friday 5:00am to 9:00pm Saturday 7:00am to 7:00pm, Sunday 7:00am to 5:00pm**  
**Kids Club Hours: Monday - Friday 9:00am-12:00pm, Monday-Thursday 5:00pm-8:00pm**

**GX1 - Main Fitness Studio    YS - Yoga Studio    BXS - Boxing Studio**

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>TIME</i>	<i>STUDIO</i>						
5:30am	<b>BXS</b>		HIIT Boxing Meagan				
8:00am	<b>GX1</b>						Power Flex Nancy/Miranda/Jenni
9:00am	<b>GX1</b>	Silver Sneakers Polly	TBC Cari	Core Fusion Tami	Power Flex Tami	Step Polly	
9:00am	<b>YS</b>			Silver Sneakers Kim/Deb		Silver Sneakers Deb	
10:00am	<b>YS</b>	Fusion Kim	Oigong Nate	Mindful Yoga Kim	Gentle Yoga Amee	Yoga Flow Polly/Rachel	
5:15pm	<b>GX1</b>	Power Flex Raelynn/Olivia					
5:30pm	<b>GX1</b>		Cardio Drumming Erin				
5:30pm	<b>BXS</b>		10 Round Boxing Alex	Strike Miranda	10 Round Boxing Alex		
6:30pm	<b>GX1</b>		Cardio Dance Erin				

**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.**

**Questions, contact [Kim@fitevomn.com](mailto:Kim@fitevomn.com)**

## 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

- **Cardio Dance:** A dance party like no other. High energy with heart pounding moves and music.
- **Cardio Drumming:** Cardio Drumming takes a simple movement -drumming- and turns it into a full body workout that will leave you smiling, sweating and feeling great.
- **Core Fusion:** Hard CORE movements fused with aspects of yoga, strength and even some cardio. Different equipment may be used.
- **Power Flex:** 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.
- **Step:** Choreographed class using platform step and risers.
- **TBC:** Total Body Conditioning. Freestyle class focuses on cardio and strength for your entire body with various equipment.

### Mind & Body

- **Fusion:** Fuse strength and Pilates movements in with a yoga flow for a challenging, yet relaxing full body workout.
- **Gentle Flow:** Slow and steady yoga movements ranging from slow and gentle to moderate physical activity. 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.
- **Oigong:** (chee-gong) Gentle flowing movements, coordinating breath work and meditation, enhancing flexibility, balance and overall vitality.
- **Yoga Flow:** Moderate pace and intensity with fluid transitions linking body, breath and movement.

### Active Older Adult

- **Silver Sneakers®:** Designed to increase muscular strength, flexibility, and activity for daily living skills.
- **Additional classes:** Gentle Flow, Mindful Yoga, Oigong

### The Arena - Boxing

- **10 Round Boxing:** Intervals of various boxing bag work techniques. Work on timing, speed, power, footwork, finish off with core!
- **HIIT Boxing:** A combination of weights and body weight exercises. Move through circuits with little time to rest between.
- **Strike:** MMA inspired workout that incorporates striking techniques and MMA movement drills. Full coverage gloves and hand wraps are needed for class.

**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](mailto:kim@fitevomn.com)*