



# Monticello

## Group Fitness

### SUMMER 2026

[WWW.FITEVOMN.COM](http://WWW.FITEVOMN.COM)


#FITEVOROCKS @ROCKINFITEVO

Club Phone Number: 763-295-3002

**Club Hours: Monday to Friday 5:00am to 9:00pm, Saturday 7:00am to 5:00pm, Sunday 7:00am to 2:00pm**

**Kids Club Hours: Monday – Friday 9:00am–12:00pm, Monday-Thursday 5:00pm–7:30pm**

**GXS – Main Fitness Studio YS – Yoga Studio BXS – Boxing Studio**

Time	Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	BXS		HIIT Boxing Megan				<b>8:00 AM GXS</b> Summer Scramble Instructor Rotation info posted at gym, on the Fit Evo app and on the GX and Facebook pages.
9:00 AM	GXS		TBC Cari	CoreX Tami	Power Flex Tami	STEP Polly	
9:00 AM	YS	Silver Sneakers Polly		Silver Sneakers Deb/Kim		Silver Sneakers Deb	
10:00 AM	YS	Fusion Kim	OiGong Nate	Mindful Yoga Kim	Gentle Yoga Amee	Yoga Flow Rachel/Polly	
5:15 PM	GXS	Power Flex Olivia					
5:30 PM	GXS		Cardio Drumming Erin				
5:30 PM	BXS		10 Round Boxing Alex	Strike Miranda	10 Round Boxing Alex		
6:30 PM	GXS		Cardio Dance Erin				

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

**Instructor class assignments subject to change. Questions, contact [Kim@fitevomn.com](mailto:Kim@fitevomn.com)**


## Monticello 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 and feeling great.
- **Core X:** Hard CORE movements with extra! Extra upper and lower body strength, extra bits of cardio and toss in some yoga to release all those muscles. 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. Power Systems RIP Format  POWER MUSIC
- **Step:** Choreographed class using platform step and risers.
- **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.
- **Summer Scramble:** Saturday class rotation will include strength formatted classes that may include cardio. Zumba will be once/month. Rotation details will be available on our app and posted at the club and the Fit Evo Community GX Facebook Page. Contact kim@fitevo.mn if you need page access. -Zumba dates: June 27, July 25 and August 29

### Mind & Body

- **Fusion:** A fusion of strength, core, balance and Pilates movements mixed in a yoga flow with a relaxing wind-down at the end.
- **Gentle Flow:** Slow and steady yoga movements ranging from 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.

**Check in and pick up your class card at the front desk. Questions, contact Kim@fitevomn.com**