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Monticello Group Fitness Schedule SUMMER 2025

September 14, 2025

Club Hours: Monday to Thursday 5:00am to 10:00pm, Friday 5:00am to 9:00pm, Saturday 7:00am to 7:00pm, Sunday 7am to 5pm

Kids Club Hours: Monday thru Friday 9:00am to NOON & Monday thru Thursday 5:00pm to 8:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		HIIT Boxing -BXS Meagan B	Body Pump -GX1 (5:10) Jill D				
7:00am						Yoga Flow -YS Alex K/Polly C	
8:00am						Body Pump® – GX1 Jill D	
9:00am	BarreFusion-YS Heather M SS Circuit -GX1 Polly C	TBC -GX1 Cari S	SS Classic -YS Deb/Kim Core Fusion –GX1 Tami M	(8:30) POWER Flex – GX1 Tami M	SS Intervals – YS Heather K Step -GX1 Mary Ellen		
10:00am	Fusion -YS Kim G	Qigong - YS Nate K (NEW)	Mindful Yoga- YS Kim G	Gentle Yoga – YS Amea P	Yoga Flow - YS Janine K		
5:15pm	Body Pump® – GX1 Raelynn D			Body Pump® – GX1 Jenni (NEW)			
5:30pm		Cardio Drumming -GX1 Erin M 10-Round Boxing-BXS Alex	STRIKE -BXS Raelynn D	10-Round Boxing-BXS Alex			
6:30pm		Cardio Dance-GX1 Erin M					

YS=Yoga Studio

GX1=Studio 1

BXS=Boxing studio

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

*NOTE: Schedule is subject to change with short notice due to low attendance or inclement weather conditions.