



April 2026 Group Fitness Schedule

Monday
Body Work (A) 5:15-6:00am / Erin
SS® Yoga (B) 8:00-8:45am / Nancy
SS® Classic (A) 8:30-9:15am / Linda
Hatha Yoga (B) 9:00-10:00am / Nancy
TBC (A) (Total Body Conditioning) 9:30am-10:30am / Andrea
Fit Rx (A) 10:45-11:45am / Jill
TBC (A) 5:00-5:45pm / Katherine
Zumba® (A) 6:00-7:00pm / Maria
Flow Yoga 7:15-8:15pm / Theresa

Tuesday
Cycle 45 (A) 5:30-6:15am / Theresa <i>*Pick up cycle tag at the front desk</i>
SS® Splash (P) 8:30-9:15am / Kristen
SS® Yoga (A) 8:30-9:15am / Nancy
AOA SSM (B) 9:30am-10:15am / Kristen
Strictly Strength (A) 9:30-10:30am / Sarah D.
Tai Chi (B) 10:30am – 11:30am / Linda V.
Strength Circuit (A) 10:45-11:30am / Anne
TBC (A) 6:00-6:45pm / Maria

Class Key
Red = Please Note!
(A) = Studio A
(B) = Studio B
(P) = Pool
Geared towards 55+ / Active Older Adults / Low Impact

Wednesday
Body Work (A) 5:15-6:00am / Liz
SS® Classic (A) 8:30-9:15am / Jennifer
Mat Pilates (A) 9:30-10:30am / Sarah B.
Cardio & Core (B) 9:30-10:30am / Sarah D.
Fit Rx (A) 10:45-11:45am / Sarah D.
SS® Well Balanced (B) 10:45-11:30am / Marie
Zumba® (A) 6:00-7:00pm / Maria
Vinyasa Yoga (A) 7:15-8:15pm / Tracy

Notifications
<ul style="list-style-type: none"> AOA Step Into Spring Walking Challenge April 6-10 (Pick up log sheet in the Lodge) We offer a variety of specialty classes for more specific instruction and accountability. Go to https://www.chaskamn.gov/813/Fitness-Programming

Thursday
Cycle 45 (A) 5:30-6:15am / Tracy <i>*Pick up cycle tag at the front desk</i>
SS® Splash (P) 8:30-9:15am / Kristen <i>*April 2 class is at 8:00am</i>
SS® Classic (A) 8:30-9:15am / Jennifer
AOA SSM (B) 9:30-10:15am / Kristen
Cycle & Core (A) 9:30-10:30am / Sarah D. <i>*Pick up cycle tag at the front desk</i>
Strength Circuit (A) 10:45-11:30am / Shya
SHINE® (B) 10:45-11:45am / Jackie
Strength Circuit (A) 6:00-6:45pm / Kelly

Friday
Body Work (A) 5:15-6:00am / Theresa
UPLIFT® (A) 6:15-7:00am / Jackie
SS® Classic (A) 8:30-9:15am / Jennifer
SS® Yoga (B) 8:30-9:15am / Gina
TBC (A) 9:30-10:30am / Andrea
SS® Well Balanced (B) 9:30-10:15am / Marie
Fit Rx (A) 10:45-11:45am / Leanne

Saturday
Zumba (A) 8:00-9:00am / Rotation
Syn's Saturday Set (B) 8:00-9:00am / Syn <i>*April 4 & 18 only!</i>
Flow Yoga (A) 9:15-10:15am / Theresa

Get CCC Fitness Email Notifications

