

January 2020– Intro Series



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Walk-It-Wed	2 Intro to Cycling 9am Total Tabata- 7pm	3 Freebie Fri 5:15am-Body Power	4 Intro to Cycling 10am
5 Dance Party 6:30pm	6 Intro to Cycling 9am Intro to Fitness on Demand 1pm	7 Core Cardio-9am Recovery Yoga 12:15pm Tour-it-Tues 5:30	8 Walk-It-Wed	9 Intro to Cycling 9am AquaBlast 2:15pm	10 Freebie Fri Lap Swim 11am- 1pm	11 Cycling 8am
12 Intro to Cycling 1pm	13 Intro to Cycling 9am Equipment Orient. 4pm	14 Lap Swim 6-8am Tour-it-Tues 5:30	15 Walk-It-Wed	16 Recovery Yoga 12:15pm	17 Freebie Fri 5:15am Body Power	18 Intro to Revolution 9am
19 Intro to Cycling 1pm	20 Lap Swim 6-7pm Open Swim 7-9pm	21 Tour-it-Tues 5:30	22 Walk-It-Wed	23 AquaBlast 2:15pm	24 Freebie Fri	25 Foam Rolling 9am
26	27	28 SeniorFitness 10am Tour-it-Tues 5:30	29 Walk-It-Wed	30	31 Freebie Fri 9am- AquaFit	

The 2020 Intro Series to Gaukler Wellness Center

- ◆ Free to all Community members & families that are not currently GFWC members
- ◆ Calendar shows free classes, days & amenities to utilize
- ◆ Any classes deemed “Intro” will be a beginner type class
- ◆ All classes will show modifications for those needing
- ◆ Every Intro Series participant will SIGN-IN at the front desk upon arrival
- ◆ For more information on classes please goto www.vcparks.com & find the Group Fitness Calendar or call Ali 701-845-3294

It is the goal of Valley City Parks & Recreation along with the Gaukler Wellness Center to create a healthy community encompassing mind, body and family.

