

EDINA CENTER for ADULT EDUCATION
Winter - Spring 2012
Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10 - 9:00 am Aerobic Fitness ECC Studio 301	8:15 - 9:15 am Aerobic Intervals ECC Studio 301	8:00 - 8:50 am Aerobic Fitness ECC - Studio 301	8:00 - 8:50 am Sr Low Impact Fitness Edina Senior Center	8:00 - 9:00 am Aerobic Fitness ECC - Studio 301	8:00 - 9:00 am Aerobic Fitness ECC Studio 301
8:15 - 9:05 am Sr. Low Impact Edina Sr. Center	8:30 - 10:00am Weights and Circuit ECC Weight Room	9:05 - 10:05 am 55+ Low Impact ECC - Studio 301	8:15 - 9:15 am Aerobic Intervals ECC Studio 301	9:10 - 10:15am Intermediate Yoga ECC - Studio 301	9:00 - 10:30 am Yoga For Life ECC - Studio 335
9:00 - 10:00 am Senior Water Aerobics Edinburgh Park Pool	8:45 - 9:40AM ZUMBA ECC Studio 331	10:00 - 11:00 am Tai Chi Gong ECC Studio 331	8:30 - 10:00am Weights and Circuit ECC Weight Room	9:10 - 10:30 am Yoga for Life - Gentle Edina Senior Center	9:00 - 10:00 am Water Aerobics VVMS Pool
9:05 - 10:05 am 55+ Low Impact ECC - Studio 335	9:00 - 10:10 am Pilates and Yoga Mix ECC - Studio 335	10:10 - 11:10 am Step Shape-Up ECC Studio 301	8:45 - 9:40 am Decades of Dance ECC Studio 331	10:45 - 11:45 am Sit Fit - Chair Fitness Edina Senior Center	9:05 - 10:05 am MW Low Impact ECC Studio 301
9:15 - 10:15 am Intm. Pilates Matwork ECC - Room 331	9:00 - 10:00 am Senior Water Aerobics Edinburgh Park Pool		9:00 - 10:15 am Yoga for Life - Gentle Edina Senior Center	12 noon - 1:00 pm 55+ Body Shape ECC Studio 301	10:10 - 11:10 am ZUMBA ECC Studio 301
9:15 - 10:15 am Sit Fit Edina Sr. Center	9:20 - 10:20 am Women's Body Shape ECC Studio 301		9:00 - 10:10 am Pilates and Yoga Mix ECC - Studio 335		
9:30 - 11:00 am Yoga for Life - Beg/Int. ECC - Room 301	10:00 - 11:00 am Arthritis Aquatics Edinburgh Park Pool	12 noon - 1:00pm 55+ Body Shape ECC Studio 301	9:00 - 10:00 am Senior Water Aerobics Edinburgh Park Pool		
10:00 - 11:00 am Water Stretch & Tone Edinburgh Park Pool	10:15 - 11:30 am Yoga for Life - Gentle Edina Senior Center	1:00 - 2:15 pm Yoga Flow ECC Studio 301	9:20 - 10:20 am Women's Body Shape ECC - Studio 301		
10:10 - 11:10 am Step Shape-Up Studio 335	11:35 - 12:35am Gentle-Seated Yoga Edina Senior Center	5:45 - 7:00 pm Yoga for Life - Gentle/ Beg ECC Studio 335	9:30 - 11:00 am Adult Beg Ballet ECC Studio 318		
10:25 - 11:25 am Core Pilates ECC - Room 331	5:30 - 6:30 pm Aerobic Fitness ECC Studio 301	6:30 - 7:30 pm ZUMBA ECC - Studio 301	9:45 - 10:40am Cardio Core Fusion ECC Studio 331		
10:30 - 11:30am Sit Fit Edina Sr. Center	5:45 - 7:10 pm Beg/Intm Yoga for Life ECC Studio 335	7:05 - 8:35 pm Yoga for Life -Beg/Int. ECC - Studio 335	10:00 - 11:00 am Water Stretch Tone Edinburgh Park Pool		
12noon - 1:00pm 55+ Body Shape ECC Studio 301	6:35 - 7:35 pm MW Low Impact ECC Studio 301	7:00 - 8:00pm Water Aerobics Edinburgh Park Pool	10:30 - 11:30 am Sit Fit Edina Sr. Center		
5:45 - 6:45 pm ZUMBA ECC - Studio 301	7:15 - 8:55 pm Yoga for Life - Int/Adv ECC Studio 335	7:40 - 8:40 pm PYC Yoga ECC Studio 301	10:30 am - Noon Yoga for Life - Beg/Int. ECC - Studio 335		
6:00 - 7:00 pm Kettlebells ECC Outdoors/2nd Floor	7:40 - 8:40 pm Flamenco Dance ECC Studio 318	8:00 - 9:00 pm Water Aerobics Edinburgh Park Pool	5:15 - 6:30 pm Yoga Flow ECC Studio 335		
6:00 - 7:00 pm Cardio Kickbox ECC Studio 331		6:30 - 7:30 pm Tai Chi Beginning ECC Studio 331	5:30 - 6:30 pm Aerobic Fitness ECC Studio 301	Class Days/Times may vary. To check class updates:	www.edinacommunityed.org
6:55 - 7:55 pm PYC Yoga ECC Studio 301			6:35 - 7:35 pm MW Low Impact ECC Studio 301		
7:00 - 8:00 pm Deep Water Exercise SVMS Pool					