

# Class Schedule



# Fitness Center

PUBLIC SERVICE BUILDING

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15 AM - 7:45 AM			HIIT Hustle		HIIT Hustle
9:00 AM - 9:15 AM					Mindfulness & Meditation *Virtual
11:15 AM - 11:45 AM	Ladies That Lift	Walking Club	Ladies That Lift	Walking Club	
12:00 PM - 12:45 PM			Dance Cardio & Sculpt	Strength Circuits	Yoga Lite
4:30 PM - 5:15 PM		Strength Circuits			
4:30 PM - 5:00 PM	Low Impact 50/50				

Contact Us

*Notes:*

- Classes are subject to change
- All virtual classes are hosted on Microsoft Teams

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