





-  INDICATES IN-PERSON CLASS
-  INDICATES VIRTUAL CLASS
-  OFFERED VIRTUALLY & IN-PERSON
-  LOW-IMPACT CLASS



Victoria Recreation Center




GROUP FITNESS SCHEDULE








WINTER SCHEDULE: JANUARY 2-APRIL 1

Register to attend virtual fitness classes at least 24-hours in advance, register at www.ci.victoria.mn.us/registration





MONDAYS

- STRENGTH PLUS  Mandy
5:45-6:40 AM
- PIYO SCULPT  Leanne
6:00-6:55 AM
- STRENGTH  Mandy
9:00-9:50 AM






TUESDAYS

- BOOT CAMP  Mandy
5:45-6:35 AM
- CORE & MORE  Michelle
8:00-8:45 AM
- PIYO SCULPT  Leanne
9:00-9:50 AM
- FUNCTIONAL FITNESS   Leanne
10:00-10:50 AM

WEDNESDAYS

- STRENGTH  Mandy
5:45-6:35 AM
- BOOT CAMP  Mandy
9:00-9:50 AM
- GOLDEN CIRCUIT   Leanne
10:00-10:50 AM

THURSDAYS

- BOOT CAMP  Leanne
5:45-6:35 AM
- CORE & MORE  Michelle
8:00-8:45 AM
- KETTLEBELLS  Leanne
9:00-9:50 AM
- CARDIO DRUMMING   Leanne
10:00-10:50 AM

FRIDAYS

- CIRCUIT  Mandy
5:45-6:35 AM
- STRENGTH PLUS  Mandy
8:30-9:20 AM

SATURDAYS

- TOTAL BODY CONDITIONING  Rotation
8:00-9:00 AM