



FITNESS ON DEMAND SCHEDULE

JANUARY 1 – APRIL 30 (2020)

NORTHLANDCENTERMN.COM

	11:30 am
Monday	<p>WAR 21 (54 MIN)</p> <p>WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.</p>
Tuesday	<p>Angie Gorr : Cardio Followed by Strength (58 MIN)</p> <p>Get your heart pumping with cardio followed by strength training. Work your shoulders, triceps, back, chest, calves, quads, glutes, hamstrings and abs with this amazing total body workout.</p>
Wednesday	<p>Transform 6 (53 MIN)</p> <p>TRANSFORM by Group Rx unites yoga and sport like never before. Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.</p>
Thursday	<p>RIP 30 (55 MIN)</p> <p>Say hello to lean and strong. The Legs, Chest, Back, Triceps, Biceps, Shoulders, and Core tracks are packed with some of the most orthopedically effective exercises, perfectly designed for a large group, small group, or personal session. From start to finish, RIP Volume 30 has YOU at the forefront, with the goal of helping you live your fittest that you can be.</p>
Friday	<p>Loft: Triple Cardio (55 MIN)</p>

