



# Third Trimester Schedule

Effective: September 7, 2021

Dan Abraham Healthy Living Center

## Monday

Pool		Training		Mind/Body	
Aqua Zumba	Megan S	EX4*	Linde	Yoga	Kay
5:30-6:15pm		5-6am		6-6:45am	
		EX4	Corey	Pilates Mat*	Christina
		5:30-6:30pm		11-11:45am	
				Yoga*	Mike
				12:15-1pm	
				Yoga	Marisa
				4:30-5:15pm	
				Yoga*	Marisa
			5:30-6:30pm		

Multipurpose A	
AOA*	Chad
9:00-9:45am	
Strength*	Christina
12:15-1pm	
Quick Fixx*	Lisa
3:30-4pm	
Fall Camp	6:30-7:15p
4 week program	

Fitness Floor	
Strength Club	Anthony
6-7am	
Strength Club	Drew
4:30-5:30pm	

## Tuesday

Pool		Mind/Body	
AOA Aqua	Megan M	Pilates Mat	Ally
9-9:45am		6-6:45am	
		Yoga	Ann
		3:30-4:15pm	
		Yoga	Ann
		4:30-5:15pm	

Multipurpose A		Multipurpose B		Fitness Floor	
Strength X	Heidi	EX4*	Anthony	Strength Club	Terri
5-5:30am		6-7am		5-6am	
Fall Camp	6-6:45a	Cycle	Christina	Strength Club	Drew
4 week program		12-12:45pm		5:30-6:30pm	
Indo-Row X	Rotate	Cycle	George		
10-10:30am		5-5:45pm			
Upper/Lower 30*	Brian	EX4	Corey		
11-11:30am		6:30-7:30pm			
Strength*	Ali				
4-4:45pm					
Zumba*	Megan S				
5:30-6:15pm					

## Wednesday

Pool		Training		Mind/Body	
Aqua Zumba	Megan S	EX4*	Linde	Yoga	Kay
5:30-6:15pm		6-7am		11-11:45am	
		EX4	Anthony	Yoga*	Marisa
		11-12pm		12-12:45pm	
		EX4	Drew	Pilates Mat*	Laura
		5:30-6:30pm		6:30-7:15pm	

Multipurpose A		Multipurpose B		Fitness Floor	
AOA*	Terri	Cycle X	Marisa	Strength Club	Terri
9:00-9:45am		11-11:30am		5-6am	
Quick Fixx*	Lisa	Cycle X	Erica	Strength Club	Corey
12-12:30pm		5:30-6pm		4:30-5:30pm	
Strength	Erica				
4:30-5:15pm					
Fall Camp	6:30-7:15p				
4 week program					



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## Thursday

Pool		Mind/Body	
AOA Aqua	Megan M	Pilates Mat	Ally
9-9:45am		6-6:45am	
		Yoga*	Marisa
		11-11:45am	
		Barefoot X*	Laura
		12-12:30pm	

Multipurpose A		Multipurpose B		Fitness Floor	
Strength X	Heidi	EX4*	Linde	Strength Club	Anthony
5-5:30am		5-6am		6-7am	
Fall Camp	6-6:45a	Cycle X	Megan M	Strength Club	Corey
4 week program		11-11:30am		5:30-6:30pm	
Strength X*	Brian	EX4	Corey		
12:00-12:30p		12-1pm			
Strong*	Megan S	EX4	Drew		
5:30-6:30pm		5-6pm			

## Friday

Mind/Body	
Yoga*	Marisa
6-6:45am	

Multipurpose A		Fitness Floor	
AOA*	Linde	Strength Club	Anthony
9-9:45am		6-7am	
Quick Fixx*	Raegan	Strength Club	Drew
11-11:30am		4:30-5:30pm	
Strength*	Corey		
4:30-5:15pm			

## Saturday

Mind/Body		Training	
Yoga	Mike	EX4*	Rotate
8:00-9am		8-9am	
Yoga*	Mike		
9:30-10:30am			

Multipurpose B		Fitness Floor	
Cycle	George	Strength Club	Rotate
8:15-9am		9-10am	

## Sunday

Mind/Body	
Yoga*	Marisa
11:15-12:15pm	

Multipurpose A	
Strength*	Megan S
10-10:45am	

Online Class Schedule & Descriptions:  
<http://dahlc.mayoclinic.org/hubcap/drop-in-class-schedule/>

	Sign-up required
*	Available as a virtual class

All listed classes and instructors are subject to change or cancellation

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