



Drop-In Fitness Classes at Moorhead

Drop-In fitness classes are included with your membership or drop-in fee.

CARDIO STRENGTH

MONDAY– 9:15 A.M.

WEDNESDAY– 9:15 A.M.

FRIDAY– 9:15 A.M.

ZUMBA

MONDAY-6:35 P.M.

WEDNESDAY– 6:35 P.M.

SATURDAY– 11:00 A.M.

BARBELL BLAST

MONDAY– 5:35 P.M.

INTRO TO INTERVAL TRAINING

WEDNESDAY- 5:35 P.M.

AQUA FITNESS

Mon-Thu- 6:00-7:00 P.M. Tue/Thu– 8:30– 9:30 A.M. Sat. 9:15– 10:15 A.M.

