

# Reps & Sets Fitness Summer Class Schedule - 2022

Classes are subject to change | Outdoor sessions: Weather permitting; classes will then be held indoors

|  | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|---|
| <b>6:00 - 6:45am</b>                       |   | Outdoor Endurance Training<br><br><i>Proctor</i><br>\$12 per class<br>June 14th - August 16th | Outdoor Endurance Training<br><br><i>Duluth</i><br>\$10 per class<br>May 18th - August 17th | Yoga for Outdoor Enthusiasts<br><br><i>Virtual</i><br>\$8 per class<br>May 19th - August 18th |   |
| <b>8:00 - 8:45am</b><br><br>\$10 per class |   |   |   |   | Outdoor Yoga & Pilates<br><br><i>Duluth</i><br>May 20th - August 19th |
| <b>9:00 - 9:45am</b><br><br>\$6 per class  |   | 60+ Total Body<br><br><i>Proctor</i><br>Never-ending  | 60+ Total Body<br><br><i>Duluth</i><br>Never-ending   | 60+ Total Body<br><br><i>Proctor</i><br>Never-ending  | 60+ Total Body<br><br><i>Duluth</i><br>Never-ending                   |
| <b>3:30 - 4:15pm</b><br><br>\$10 per class | Outdoor Endurance Training<br><br><i>Duluth</i><br>May 16th - August 15th |   |   |   |   |

*Proctor Location:* St. Luke's Sports & Event Center | 704 Kirkus St

*Duluth Location:* Gnesen Community Center | 6356 Howard Gnesen Rd

*Virtual:* Zoom link will be emailed to you after sign-up

Easy sign-up @ [repsandssetsfitness.com/classes](https://repsandssetsfitness.com/classes)

Or contact Shannon @ 651.764.2746 | [repsandssetsduluth@gmail.com](mailto:repsandssetsduluth@gmail.com)

