



STARTING JANUARY 2022

GROUP FITNESS IS MOVING

All classes (with exception of BAG BOXING) will move to the Faribault Parks & Recreation Center in Fitness Studio

Monday Step Extreme 5:15pm

Tuesday Noon Workout & Interval at 6:15pm

Wednesday * Bag Boxing at [Washington](#) 5:15pm

Thursday PIYO at 4:30pm and HIIT at 6:15pm

Friday Noon workout and Strength Training
at 6:15pm

FARIBAULT PARKS & RECREATION