

Phatty Nattie's 2019 Summer Class Schedule JUNE-AUGUST

Starts- Monday June 3rd

	MON	TUES	WED	THURS	FRI
6:00AM-6:50AM	Pump Up Remix Natalie K.	Spinning Natalie K.		Pump Up Remix Natalie K.	Spinning Natalie K.
7:00AM-7:30AM	Core Assets Natalie K.			Core Assets Natalie K.	Core Assets Natalie K.
8:15am--9:00am	Drums Alive Natalie K.			HIIT Class Natalie K.	
12:00PM-12:45PM	Noon Blend Hallie M.	STRONG Zumba Missy H.	Noon Blend Hallie M.	Dance Fitness Missy H.	● Noon WOD Joel P.
12:00PM-12:50PM		▲ Yin Yoga Flow Wendy B.			
4:30PM-5:00PM	Kettlebells Rena S.L.		Kettlebells Rena S.L.		
5:10pm-5:50pm			HIIT Class Natalie K. (JUNE/JULY)		
5:30PM-6:30PM	Strength & Tone Alisha Haugen			Strength & Tone Alisha Haugen	
5:30PM-6:45PM		∑ Yoga by the River Wendy B. JUNE/JULY			
6:00 PM-7:00 PM		◆ Paddleboarding Class 7/10, 7/17, 7/24			

- Mehl Center Gym
- ▲ Mill Street- Lower Level
- ∑ Along the river in Fergus Falls—Grassy area behind City Hall (June/July)
 - Phatty Nattie's Studio is alternate for bad weather
- ◆ Pebble Beach, Pebble Lake Fergus Falls

SIGN UP AT: www.phattynatties.com or contact Natalie: nknutson@lrhc.org

Paddleboarding—More information: www.lakesareapaddlesports.com

Paddleboarding & Pizza- Friday June 28th , Friday July 19th—6-8pm Ottertail Lake

Phelps Mill- Saturday July 13th, Saturday August 17th-- 9am

Veterans Park- Sunday July 14th- 2pm

Hannah Park- Sunday July 28th- 2pm