

OTM Class Schedule February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11:30 am WA#s @ HAC	2 b-Fit 24/7 Free from 7-8 am 5:15am Body Power @ GWC	3
4	5 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm 8:00 am Aqua Fit @ GWC	6 11:30 am WA#s @ HAC b-Fit 24/7 Free from 7-8 am	7 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm Walking Track all day @GWC Managing Stress class 12pm & 5:15 pm @ courthouse	8 11:30am WA#s @ HAC 7pm Equipment Tutorial @ GWC	9 b-Fit 24/7 Free from 7-8 am	10 9:00 am Cycling @ GWC *space is limited
11	12 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm 1pm Equipment Tutorial @ GWC	13 11:30 am WA#s @ HAC b-Fit 24/7 Free from 7-8 am	14 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm Walking Track all day @GWC	15 11:30 am WA#s @ HAC 10:00 am Senior Fit @ GWC	16 b-Fit 24/7 Free from 7-8 am	17
18	19 NO SCHOOL NO WA#s Class today b-Fit 24/7 Free from 4-6 pm	20 11:30 am WA#s @ HAC b-Fit 24/7 Free from 7-8 am 5:30 pm Shred @ GWC	21 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm Walking Track all day @GWC	22 11:30 am WA#s @ HAC	23 b-Fit 24/7 Free from 7-8 am 8:00 am Aqua Fit @ GWC	24 10:00 am Equipmt. Tutorial @ GWC
25	26 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm 7pm Equipment Tutorial @ GWC 6:30 pm Yoga @ GWC	27 11:30 am WA#s @ HAC b-Fit 24/7 Free from 7-8 am Nourish Your Digestive System class 5:15 pm @ Courthouse	28 11:30 am WA#s @ HAC b-Fit 24/7 Free from 4-6 pm Walking Track all day @GWC 5:30 pm Cycling @ GWC Nourish Your Digestive System class 12pm @ Courthouse			

Inclement weather

Listen to KOVC 1490 AM for updates!

Questions? 845-8192
barnesonthemove.org

OTM Location Legend

GWC - Gaukler Wellness Center
HAC - Hi-Liner Activity Center (HAC)
REC - VC Parks and Rec Center
Courthouse - Barnes County Courthouse basement
b-Fit 24/7 - located above Central Ave. Health Mart

****Don't forget to check in at the front desk and tell them you're an OTM member! ****

OTM Class Legend

Our classes are meant for any level of fitness and can be modified for everyone.

WA#s – walk away the pounds; follow along to this heart-healthy walking video

Shred – interval class with light weights or resistance

Body Power – cardio endurance combined with strength and resistance

Aqua Fit – water resistance aerobic exercise

Senior Fit – ages 50 and up; focuses on joint stability and maintaining balance

Equipment Tutorial – learn how to operate cardio machines, equipment and bikes

Walking Wednesdays –all day during the months of Jan and Feb; 11 laps = 1 mile