



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

**APRIL 6 – MAY 27**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:15 – 6:05am</b>	Total Body Blast (Andy)	Tone it Up Cardio (Karrie)	Total Body Blast (Christi)	Tone it Up Cardio (Karrie)	Total Body Blast (Jen)	
<b>8:00 – 8:50am</b>	Wise Exercise (Christi)	Dance It Off (Paula)	Wise Exercise (Christi)	Dance It Off (Paula)	Wise Exercise (Christi)	
<b>9:00 – 10:00am</b>	Tone It Up (Cara)	Tone It Up (Tania)	Tone It Up (Cara)	Tone It Up (Tania)	Tone It Up (Cara)	Strength Train Together (Dan)
<b>10:00 – 11:00am</b>	Silver Sneakers (Christi)	Y Senior Fit (Kelly/Erin)	Silver Sneakers (Christi)	Y Senior Fit (Kelly/Erin)	Silver Sneakers (Christi)	
<b>11:15 – 12:05pm</b>	LiveSTRONGER (Erin)	Chair Yoga (Erin)	LiveSTRONGER (Erin)	Chair Yoga (Erin)		
<b>4:00 – 4:50pm</b>	Yoga Flow (Amy)		Yoga Flow (Amy)			
<b>5:30 – 6:30pm</b>		Strength Train Together (Carolyn)		Strength Train Together (Carolyn)		
<b>6:30 – 7:20pm</b>	Zumba (Mike)	Zumba (Amanda)	Zumba (Mike)			

## STRENGTH TRAIN TOGETHER | LAUNCH PARTY | APRIL 22 | 7AM, 9AM OR 11AM

Free for members and non-members - one day only! Limited to the first 15 participants - show up early and ready to workout!

For more information ask any of the YMCA staff.

## PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00 – 10:00am</b>	Total Body Blast (Erin)	TRX (Brittany)	Total Body Blast (Erin)	Hatha Yoga (Lisa)	Total Body Blast (Erin)	
<b>10:00 – 10:50am</b>				TRX (Brittany)		
<b>5:30pm – 6:20pm</b>			Cycling – Renaissance Room (Amanda)			
<b>6:00 – 6:50pm</b>	TRX – Track (Lynette)					
<b>6:30 – 7:20pm</b>			TRX (DeDe)	Taekwondo* Beginner @ 6:15pm Advanced @ 7:15pm		

\*Registration required for Taekwondo, at the front desk.