



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

# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

**JULY 17 – SEPT 2**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>5:15 – 6:05am</b>	Total Body Blast (Andy)	Tone it Up Cardio (Karrie)	Total Body Blast (Jen)	Tone it Up Cardio (Karrie)	Total Body Blast (Jen)	
<b>7:45am – 8:30am</b>	Wise Exercise (Erin)	Dance It Off (Paula)	Wise Exercise (Erin)	Dance It Off (Paula)	Wise Exercise (Erin)	
<b>9:00 – 10:00am</b>	Tone It Up (TBA)	Tone It Up (Tania)	Tone It Up (TBA)	Tone It Up (Tania)	Tone It Up (TBA)	Strength Train Together (Dan)
<b>10:00 – 11:00am</b>	Silver Sneakers (Christi)	Y Senior Fit (Char/Aisha)	Silver Sneakers (Christi)	Y Senior Fit (Nicole/Aisha)	Silver Sneakers (Christi)	
<b>11:15 – 12:05pm</b>	LiveSTRONGER (Erin)	Chair Yoga (Erin)	LiveSTRONGER (Erin)	Chair Yoga (Erin)	LiveSTRONGER (Erin)	
<b>4:00 – 4:50pm</b>	Yoga Flow (Amy)		Yoga Flow (Amy)			
<b>5:30 – 6:30pm</b>		Strength Train Together (Dan)		Zumba (Aisha)		
<b>6:30 – 7:20pm</b>	Zumba (Mike)		Zumba (Mike)			

## PORT EDWARDS

**FACILITY CLOSED AUGUST 20 – 27**

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

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