



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

GROUP FITNESS SCHEDULE

WISCONSIN RAPIDS

SEPT 11 – OCT 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6:05am	Total Body Blast (Andy)	Tone it Up Cardio (Karrie)	Total Body Blast (Jen)	Tone it Up Cardio (Karrie)	Total Body Blast (Jen)	
7:45am – 8:30am	Wise Exercise (Erin)	Dance It Off (Paula)	Wise Exercise (Erin)	Dance It Off (Paula)	Wise Exercise (Erin)	
9am – 9:50	Tone It Up (8:50 – 9:50) (Tania)	Tone It Up (Aisha)	Tone It Up (8:50 – 9:50) (Tania)	Tone It Up (Aisha)	Tone It Up (8:50 – 9:50) (Tania)	Cardio & Strength (Erin)
10:00 – 11:00am	Silver Sneakers (Aisha)	Y Senior Fit (Aisha)	Silver Sneakers (Aisha)	Y Senior Fit (Aisha)	Silver Sneakers (Aisha)	
11:15 – 12:05pm	LiveSTRONGER (Erin)	Chair Yoga (Erin)	LiveSTRONGER (Erin)	Chair Yoga (Erin)	LiveSTRONGER (Erin)	
4:00 – 4:50pm	Yoga Flow (Amy)		Yoga Flow (Erin)			
5:30 – 6:15pm		Cardio & Strength (Holly)		Cardio & Strength (Holly)		
6:30 – 7:20pm	Zumba (Mike)	Country Heat (Heather)	Zumba (Mike)			

PORT EDWARDS

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

*Registration required for Taekwondo, at the front desk.