



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

GROUP FITNESS SCHEDULE

WISCONSIN RAPIDS

JAN 6 – FEB 17

	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)	
8am – 8:50am	Wise Exercise (Kristy)	Dance It Off (Paula)	Wise Exercise (Kristy)	Dance It Off (Paula)	Wise Exercise (Kristy)	
9am – 9:50	Tone It Up (Tania)	Tone It Up (Aisha)	Tone It Up (Shelly)	Tone It Up (Aisha)	Tone It Up (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)	
10:30-11am		**Wellness Workout		**Wellness Workout		
11:15 – 12:05pm	LiveSTRONGER (Erin)	Tai Chi (John)	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)		Zumba (Mike)			

PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 – 10:00am	Total Body Blast (Erin)	*TRX (Tania)	Total Body Blast (Erin)	Hatha Yoga (Lisa)	Total Body Blast (Erin)	
10:00 – 10:50am				TRX (Martí)		
6pm – 6:50pm	Cycling (Dee) Renaissance Room	Cycling (Amanda) Renaissance Room		Cycling (Dee) Renaissance Room		
6:30 – 7:00pm	**Wellness Workout	**Wellness Workout		**Wellness Workout		

*If you are new to TRX, please contact Erin Hess, Healthy Living Director, to schedule a free personal training with TRX before trying a class:
(p) 715-818-6015 (e) hess@swcymca.org

**Wellness Workouts: Wellness center staff will take you through a 30 minute workout. Up to 4 members may participate: Pick up a participation card at the front desk if you are interested.