



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

# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

**APRIL 2 – JUNE 2**

|                        | Monday                     | Tuesday                        | Wednesday                  | Thursday                       | Friday                     | Saturday                    |
|------------------------|----------------------------|--------------------------------|----------------------------|--------------------------------|----------------------------|-----------------------------|
| <b>5:15 – 6:05am</b>   | Total Body Blast<br>(Andy) | Tone it Up Cardio<br>(Karrie)  | Total Body Blast<br>(Jen)  | Tone it Up Cardio<br>(Karrie)  | Total Body Blast<br>(Jen)  |                             |
| <b>8am – 8:50am</b>    | Wise Exercise<br>(Kristy)  | Dance It Off<br>(Paula)        | Wise Exercise<br>(Kristy)  | Dance It Off<br>(Paula)        | Wise Exercise<br>(Kristy)  |                             |
| <b>9am – 9:50</b>      | Tone It Up<br>(Tania)      | Tone It Up<br>(Aisha)          | Tone It Up<br>(Shelly)     | Tone It Up<br>(Aisha)          | Tone It Up<br>(Tania)      | Cardio & Strength<br>(Erin) |
| <b>10:00 – 10:50am</b> | Silver Sneakers<br>(Aisha) | Y Senior Fit<br>(Aisha)        | Silver Sneakers<br>(Aisha) | Y Senior Fit<br>(Aisha)        | Silver Sneakers<br>(Aisha) |                             |
| <b>10:00 – 10:30am</b> | **Wellness Workout         | **Wellness Workout             | **Wellness Workout         | **Wellness Workout             | **Wellness Workout         |                             |
| <b>11:15 – 12:00pm</b> | LiveSTRONGER<br>(Erin)     | Tai Chi<br>(John)              | LiveSTRONGER<br>(Erin)     | Chair Yoga<br>(Erin)           | LiveSTRONGER<br>(Erin)     |                             |
| <b>3:00 – 3:45pm</b>   |                            | Chair Yoga<br>(Erin)           |                            |                                |                            |                             |
| <b>4:00 – 4:50pm</b>   | Yoga Flow<br>(Amy)         |                                | Yoga Flow<br>(Erin)        |                                |                            |                             |
| <b>5:30 – 6:15pm</b>   | Core De Force<br>(Rachel)  | Cardio & Strength<br>(Holly)   |                            | Cardio & Strength<br>(Holly)   |                            |                             |
| <b>6:30 – 7:20pm</b>   | Zumba<br>(Mike)            | **Wellness Workout<br>(Krissy) | Zumba<br>(Mike)            | **Wellness Workout<br>(Krissy) |                            |                             |

## PORT EDWARDS

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

**\*\*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.**