



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

# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

**MAY 21 – AUGUST 19**

	<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>8am – 8:50am</b>	Wise Exercise (Kristy)	Dance It Off (Paula)	Wise Exercise (Kristy)	Dance It Off (Paula)	Wise Exercise (Kristy)	
<b>9am – 9:50</b>	Tone It Up (Tania)	Tone It Up (Aisha)	Tone It Up (Shelly)	Tone It Up (Aisha)	Tone It Up (Tania)	Cardio & Strength (Erin)
<b>10:00 – 10:50am</b>	Silver Sneakers (Aisha)	Y Senior Fit (Aisha)	Silver Sneakers (Aisha)	Y Senior Fit (Aisha)	Silver Sneakers (Aisha)	
<b>10:00 – 10:30am</b>	**Wellness Workout	**Wellness Workout	**Wellness Workout	**Wellness Workout	**Wellness Workout	
<b>11:15 – 12:00pm</b>	LiveSTRONGER (Erin)	Tai Chi (John)	LiveSTRONGER (Erin)	Chair Yoga (Erin)	LiveSTRONGER (Erin)	
<b>3:00 – 3:45pm</b>		Chair Yoga (Erin)				
<b>4:00 – 4:50pm</b>		Yoga Flow (Dye)		Yoga Flow (Dye)		
<b>5:30 – 6:15pm</b>	Core De Force (Rachel)	Cardio & Strength (Holly)		Cardio & Strength (Holly)		
<b>6:30 – 7:20pm</b>	Zumba (Mike)	**Wellness Workout (Krissy)	Zumba (Mike)	**Wellness Workout (Krissy)		

## PORT EDWARDS

	<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 (Tania)	Total Body Blast (Erin)	Hatha Yoga (Lisa)	Total Body Blast (Erin)	
<b>10:00 – 10:50am</b>				TRX (Dye)		
<b>5:10 – 6pm</b>	TRX (Dye)					
<b>7pm</b>			TRX (Dye)			

**\*\*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.**