



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

# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

**JULY 2 – SEPTEMBER 9**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:15 – 6:05am</b>	Total Body Blast (2-3) (Andy)	Tone it Up Cardio (0) (Karrie)	Total Body Blast (0) (Jen)	Tone it Up Cardio (0) (Karrie)	Total Body Blast (0) (Jen)		
<b>8:00 – 8:50am</b>	Wise Exercise (1-2) (Kristy)	Dance It Off (1) (Paula)	Wise Exercise (1-2) (Kristy)	Dance It Off (1) (Paula)	Wise Exercise (1-2) (Kristy)		
<b>9:00 – 9:50am</b>	Tone It Up (2) (Tania)	Tone It Up (2) (Aisha)	Tone It Up (2) (Shelly)	Tone It Up (2) (Aisha)	Tone It Up (2) (Tania)	Cardio & Strength (2-3) (Erin)	
<b>10:00 – 10:50am</b>	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Aisha)	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Aisha)	Silver Sneakers (1) (Aisha)		Boot Camp (2-3) (Dye) 10:10-11:00am
<b>10:00 – 10:30am</b>	*Wellness Workout	*Wellness Workout	*Wellness Workout	*Wellness Workout	*Wellness Workout		
<b>11:15am – 12:00pm</b>	LiveSTRONGER (1) (Erin)	Tai Chi (0) (John)	LiveSTRONGER (1) (Erin)	Chair Yoga (1) (11:05 – 11:50) (Brittany)	LiveSTRONGER (1) (Erin)		
<b>4:00 – 4:50pm</b>		Yoga Flow (0) (Dye)		Yoga Flow (0) (Dye)			
<b>6:30 – 7:20pm</b>	Dance it Off (2-3) (Mike)	*Wellness Workout (Krissy)	Dance it Off (2-3) (Mike)	*Wellness Workout (Krissy)			

## PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:00 – 10:00am</b>	Total Body Blast (2-3) (Erin)	TRX (0) (Tania)	Total Body Blast (2-3) (Erin)	Hatha Yoga (1-2) (Lisa)	Total Body Blast (2-3) (Erin)	
<b>10:00 – 10:50am</b>				TRX (0) (Dye)		
<b>5:10 – 6:00pm</b>	TRX (0) (Dye)					
<b>7:00 – 7:50pm</b>			TRX (0) (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.**

**BEGINNER = 1**

**INTERMEDIATE = 2**

**ADVANCED = 3**

**ALL LEVELS = 0**