



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

GROUP FITNESS SCHEDULE

WISCONSIN RAPIDS

SEP 9 – OCT 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 6:00am	Total Body Blast (2-3) (Andy)	Total Body Blast (1-2) (Karrie)	Total Body Blast (2-3) (Jen)	Total Body Blast (2-3) (Shelly)	Total Body Blast (1-2) (Jen)		
8:00 – 8:45am	Wise Exercise (1) (Kristy)	Dance It Off (1) (Paula)	Wise Exercise (1) (Kristy)	Dance It Off (1) (Paula)	Wise Exercise (1) (Kristy)		
9:00 – 9:45am	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)	Total Body Blast (2-3) (Erin)	
10:00 – 10:45am	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Aisha)	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Aisha)	Silver Sneakers (1) (Aisha)		Boot Camp 10:15am (2-3) (Dye)
10:00 – 10:30am	*Wellness Workout	*Wellness Workout	*Wellness Workout	*Wellness Workout	*Wellness Workout		
11:00 – 11:45am	LiveSTRONGER (1) (Erin)	Tai Chi (0) (John)	LiveSTRONGER (1) (Erin)	Chair Yoga (1) (Brittany)	LiveSTRONGER (1) (Erin)		
4:00 – 4:45pm		Yoga Flow (0) (Dye)		Yoga Flow (0) (Dye)			
5:00 – 5:45pm		FUNDamental Strength: Youth 8 and up (Dye)	Total Body Blast (2-3) Holly	FUNDamental Strength: Youth 8 and up (Dye)			
6:30 – 7:15pm	Zumba (2-3) (Aisha)	*Wellness Workout (Allen)	Zumba (2-3) (Aisha)	*Wellness Workout (Krissy)			

PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45am	Total Body Blast (2-3) (Erin)	TRX (0) (Tania)	Total Body Blast (2-3) (Erin)	TRX (0) (Dye)	Total Body Blast (2-3) (Erin)
10:00 – 10:50am				Hatha Yoga (1-2) (Lisa)	
5:30 – 6:15pm	TRX (0) (Dye)		TRX (0) (Dye)		
6:15 – 7:00pm	FUNDamental Strength: Youth 8 and up (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

Nekoosa HS Monday 3:30pm (Dye) Wednesday 4pm (Dye) \$3 per class