



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

WISCONSIN RAPIDS

DEC 24-JAN 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6:00am	Total Body Blast (2-3) (Erin)		Total Body Blast (2-3) (Jen)	Total Body Blast (2-3) (Shelley)	Total Body Blast (1-2) (Jen)	
8:00 – 8:45am			Wise Exercise (1) (Kristy)	Dance It Off (1) (Paula)	Wise Exercise (1) (Kristy)	
9:00 – 9:45am	Tone it Up (2) (Aisha)		Tone It Up (2) (Shelly)	Tone It Up (2) (Aisha)	Tone It Up (2) (Shelly)	Total Body Blast (2-3) (Erin)
10:00 – 10:45am		Jan 1* ONLY 10:15 NEW YEARS CHALLENGE (2-3) (Erin)	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Aisha)	Silver Sneakers (1) (Aisha)	Boot Camp (2-3) (Dye)
11:00 – 11:45am			LiveSTRONGER (1) (Kristy)	Chair Yoga (1) (Brittany)	LiveSTRONGER (1) (Erin)	
4:00 – 4:45pm				Yoga Flow (0) (Erin)		
6:30 – 7:15pm			Dance it Off (2-3) (Mike)	Zumba (0) (Aisha)		

PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45am				TRX (0) (Dye)	Total Body Blast (2-3) (Erin)
10:00 – 10:50am				Hatha Yoga Jan 3 rd only (1-2) (Lisa)	
6:15- 7:00pm				Cycling (0) (Dee/Amanda) Renaissance Room	
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:
BEGINNER = 1 INTERMEDIATE = 2 ADVANCED = 3 ALL LEVELS = 0

No classes all day Christmas Day Tue Dec 25, 2018 10am class only New Years day, Jan 1st 2019



**FOR YOUTH DEVELOPMENT®
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GROUP FITNESS SCHEDULE

WISCONSIN RAPIDS

JAN 7 – FEB 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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) (Shelley)	Total Body Blast (1-2) (Jen)	
8:00 – 8:45am	Wise Exercise (1) (Kristy)	Dance It Off ** (1) (Paula)	Wise Exercise (1) (Kristy)		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)	
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) (Erin)		Yoga Flow (0) (Erin)		
5:30 – 6:15pm	Power Flow Yoga (0) (Sarah)	Cardio Blast (1-2) (Holly)		Cardio Blast (1-2) (Holly)		
6:30 – 7:15pm	Dance it Off (2-3) (Mike)		Dance it Off (2-3) (Mike)	Zumba (0) (Kasey)		

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 (9:15) (0) (Shelly)	Total Body Blast (2-3) (Erin)
10:00 – 10:50am				Hatha Yoga (1-2) (Lisa)	
6:15- 7:00pm	Cycling (0) (Dee) Renaissance Room	Cycling (0) (Amanda) Renaissance Room		Cycling (0) (Dee/Amanda) Renaissance Room	
6:45- 7:30pm			Cycling (0) (Amanda) Renaissance Room		

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

****No 8am Dance it Off Jan 15th**