



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

# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

**FEB 24- APRIL 13**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:15 – 6:00am</b>	Total Body Blast (2-3) (Andy)	Total Body Blast (1-2) (Shelley)	Total Body Blast (2-3) (Jen)	Total Body Blast (2-3) (Karrie)	Total Body Blast (1-2) (Jen)	
<b>8:00 – 8:45am</b>	Wise Exercise (1) (Kristy)	Dance It Off ** (1) (Paula/Jean)	Wise Exercise (1) (Kristy)	Dance It Off ** (1) (Paula/Jean)	Wise Exercise (1) (Kristy)	
<b>9:00 – 9:45am</b>	Tone It Up (2) (Tania)	Tone It Up (2) (Zsuzsa)	Tone It Up (2) (Shelly)	Tone It Up (2) (Zsuzsa)	Tone It Up (2) (Tania)	Total Body Blast (2-3) (Erin)
<b>10:00 – 10:45am</b>	Silver Sneakers (1) (Kristy)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Kristy)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Kristy)	
<b>11:00 – 11:45am</b>	LiveSTRONGER (1) (Erin)	Tai Chi (0) (John)	LiveSTRONGER (1) (Erin)	Chair Yoga (1) (Heidi)	LiveSTRONGER (1) (Erin)	
<b>4:00 – 4:45pm</b>		Yoga Flow (0) (Laura)		Yoga Flow (0) (Erin)		
<b>5:30 – 6:15pm</b>	Power Flow Yoga (0) (Sarah)	Cardio Blast (1-2) (Holly)		Cardio Blast (1-2) (Holly)		
<b>6:30 – 7:15pm</b>	Dance it Off (2-3) (Mike)		Dance it Off (2-3) (Mike)	Zumba (0) (Kasey)		

## PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 – 9:45am</b>	Total Body Blast (2-3) (Erin)	TRX (0) (Tania)	Total Body Blast (2-3) (Erin)	TRX (9:10) (0) (Shelly)	Total Body Blast (2-3) (Erin)
<b>10:00 – 10:50am</b>				Hatha Yoga (1-2) (Lisa)	
<b>6pm</b>	FUNDamental Strength (Youth 8 and up) (Jake)		FUNDamental Strength (Youth 8 and up) (Jake)		
<b>6:15- 7:00pm</b>	Cycling (0) (Dee) Renaissance Room	Cycling (0) (Amanda) Renaissance Room		Cycling (0) (Dee/Amanda) Renaissance Room	
<b>6:45- 7:30pm</b>			Cycling (0) (Amanda) Renaissance Room		

**BEGINNER = 1**

**INTERMEDIATE = 2**

**ADVANCED = 3**

**ALL LEVELS = 0**

\*Cycling schedule may change starting April