



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

**JULY 22 – SEPT 7**

	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 (1-2) (Karrie)	Total Body Blast (2-3) (Jen)	
<b>8:00 – 8:45am</b>	Wise Exercise (1) (Kristy)	Dance It Off ** (1) (Paula)	Wise Exercise (1) (Kristy)	Dance It Off ** (1) (Paula)	Wise Exercise (1) (Kristy)	
<b>9:00 – 9:45am</b>	Tone It Up (2) (Aisha)	Tone It Up (2) (Zsuzsa)	Tone It Up (2) (Shelly)	Tone It Up (2) (Zsuzsa)	Tone It Up (2) (Aisha)	Total Body Blast (2-3) (Erin)
<b>10:00 – 10:45am</b>	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Aisha)	
<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)				
<b>6:30 – 7:15pm</b>	Zumba (0) (Aisha)			Zumba (0) (Aisha)		

## PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 – 9:45am</b>	Total Body Blast (2-3) (Desirae)	TRX (0) (Tania)	Total Body Blast (2-3) (Desirae)	TRX (9:10) (0) (Tania)	Total Body Blast (2-3) (Desirae)
<b>6:15 – 7:00pm</b>		Cycling (0) (Amanda)		Cycling (0) (Amanda)	

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

\*Yoga Flow: No class August 6<sup>th</sup>



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# GROUP FITNESS SCHEDULE

## WISCONSIN RAPIDS

SEPT 9 – OCT 26

	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)	Wise Exercise (1) (Kristy)	Dance It Off ** (1) (Paula)	Wise Exercise (1) (Kristy)	
<b>9:00 – 9:45am</b>	Tone It Up (2) (Aisha)	Tone It Up (2) (Zsuzsa)	Tone It Up (2) (Shelly)	Tone It Up (2) (Zsuzsa)	Tone It Up (2) (Aisha)	Total Body Blast (2-3) (Erin)
<b>10:00 – 10:45am</b>	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Aisha)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Aisha)	
<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)				
<b>5:30 – 6:15pm</b>	Yin Yang Yoga (0) (Sarah)	Circuit Blast (2-3) (Holly)		Circuit Blast (2-3) (Holly)		
<b>6:30 – 7:15pm</b>	Zumba (2-3) (Aisha)			Zumba (0) (Aisha)		

## PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00 – 9:45am</b>	Total Body Blast (2-3) (Desirae)	TRX (0) (Tania)	Total Body Blast (2-3) (Desirae)	TRX (9:10) (0) (Tania)	Total Body Blast (2-3) (Desirae)
<b>10:00 – 10:50am</b>			Yoga (0) Angela *Starts June 12th		
<b>6:15- 7:00pm</b>		Cycling (0) (Amanda)		Cycling (0) (Amanda)	

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0