



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE REVISED 2/27/2020

WISCONSIN RAPIDS

FEB 24 – APRIL 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6:00am	Total Body Blast (1-2) (Karrie)	Total Body Blast (5:10am) (2-3) (Steph)	Total Body Blast (2-3) (Jen)	Total Body Blast (2-3) (Andy/Karrie)	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) (Zsuzsa)	Tone It Up (2) (Shelly)	Tone It Up (2) (Zsuzsa)	Tone It Up (2) (Tania)	Total Body Blast (2-3) (Erin)
10:00 – 10:45am	Silver Sneakers (1) (Amanda)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Margie)	Y Senior Fit (1) (Zsuzsa)	Silver Sneakers (1) (Amanda)	
11:00 – 11:45am	LiveSTRONGER (1) (Erin)	Movement Therapy (1) (Heidi)	LiveSTRONGER (1) (Brittany)	Yoga Flow (thru 3/26/2020) (0) (Alexis)	LiveSTRONGER (1) (Erin)	
12 – 1pm	**Enhance (1) (Kristy)		**Enhance (1) (Kristy)		**Enhance (1) (Kristy)	
4:00 – 4:45pm		Yoga Flow (0) (Laura)				
5:15 – 6:00pm	Yin Yang Yoga (0) (Sarah)					
7-7:45pm		Butts n' Guts (0) (Erin)		Butts n' Guts (0) (Holly)		

PORT EDWARDS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 – 9:45am	Total Body Blast (2-3) (Desirae)	TRX (0) (Shelly)	Total Body Blast (2-3) (Desirae)	TRX (0) (Tania)	Total Body Blast (2-3) (Desirae)
10:00 – 10:45am				Piyo (0) (Tania)	
6:15- 7:00pm	Cycling (0) (Dee)			Cycling (0) (Dee)	

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

**Enhance requires registration at the front desk in order to participate.