



FITNESS CLASS SCHEDULE:

Mondays:

5:30pm – INSANITY

Tuesdays:

5:30am – Aerobics Mix

8:00am – Live Wires

9:00am - *Yoga

Wednesdays:

5:30am – Aerobics Mix

8:00am – Live Wires

5:45pm – Cardio Pump

Thursdays:

5:30am – Aerobics Mix

8:00am – Live Wires

5:30pm - PiYo

Saturday:

8:00am – Instructor's Choice

Class Schedule Effective 01/01/2018

For More Information:

Call (715) 568-4669

Class Descriptions on back!

***Yoga**

\$5/class – members

\$10/class – non-members

***** All classes except Yoga are \$5.00 for non-members**