



# Midwest

PHYSICAL THERAPY  
&  
FITNESS CENTER

## ***FITNESS CLASS SCHEDULE***

### **Mondays:**

**7:45am – Just Dance**

**5:30pm – INSANITY**

### **Tuesdays:**

**5:30am – Aerobics Mix**

**8:00am – Live Wires**

**5:30pm- Shake if Off!!!**

### **Wednesdays:**

**5:30am – Aerobics Mix**

**8:00am – Live Wires**

**5:45pm – Cardio Pump**

### **Thursdays:**

**5:30am – Aerobics Mix**

**8:00am – Live Wires**

### **Fridays:**

**7:45am – Just Dance**

**Class Schedule Effective 06/01/2018**

**For More Information:**

**Call (715) 568-4669**

**Class Descriptions on back!**

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