



FITNESS CLASS SCHEDULE

Mondays:

7:45am – Just Dance

5:30pm – INSANITY

Tuesdays:

5:30am – Aerobics Mix

8:00am – Live Wires

Noon- *Yoga

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

5:30pm- PiYo

Fridays:

7:45am – Just Dance

Noon: *Yoga

Saturday:

8:00am – Instructor's Choice

9:00am- *Yoga (2nd and 4th Saturday)

Class Schedule Effective 02/01/2018

For More Information:

Call (715) 568-4669

Class Descriptions on back!

***Yoga**

\$10/class – non-members

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