



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**