

Wisconsin Rapids

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Cardio Chisel 5:30-6:20		Cardio Chisel 5:30-6:20			
8:00 AM	Pilates Mat Class* 8:00-8:50		Pilates Mat Class* 8:00-8:50			Saturday Morning Mix Up 8:00-9:00
9:00 AM	Tone It Up 8:50-9:50	Fitness Fusion 9:00-10:00	Tone It Up 8:50-9:50	Fitness Fusion 9:00-10:00	Tone It Up 8:50-9:50	
10:00 AM	Silver Sneakers 10:00-11:00	Pi -Yo* Session 1 & 2 Booty Ballet Yoga* Session 3 10:15-11:15	Silver Sneakers 10:00-11:00	Pi -Yo* Session 1 & 2 Booty Ballet Yoga* Session 3 10:15-11:15	Silver Sneakers 10:00-11:00	
4:00 PM		Hip Hop Abs* 4:15-5:00		Hip Hop Abs* 4:15-5:00		
5:00 PM	Butts & Guts 5:00-5:50	Sweat Express 5:00-5:50	Butts & Guts 5:00-5:50	Sweat Express 5:00-5:50		
6:00 PM	Step Blast 6:00-6:50	Boot Camp 6:00-6:50	Step Blast 6:00-6:50	Boot Camp 6:00-6:50		
7:00 PM	Belly Dancing* Session 1 & 2 Zumba* Session 3 7:00-7:50	Plyomania 7:00-7:50	Belly Dancing* Session 1 & 2 Zumba* Session 3 7:00-7:50	Plyomania 7:00-7:50		*Specialty Class Extra Fee

Minimum of 8 to run a class