



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

GROUP FITNESS SCHEDULE SEPT 13 – OCT 2

STUDIO A

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 – 6am	Total Body Blast (2-3) Andy		Low-Impact Cardio (0) Karie			
7:50 – 9:00am		Strong Bodies (1) Hannah		Strong Bodies (1) Hannah		
8:-15- 8:45am	Active Older Adult (1) Christi		Active Older Adult (1) Christi		Active Older Adult (1) Christi	
9:15 – 10:00am	Low-Impact Cardio (2) Tania	Total Body Blast (2-3) Shelly	Low-Impact Cardio (2) Desirae	Total Body Blast (2-3) Shelly	Low-Impact Cardio (2) Tania	Total Body Blast (2-3) Rotating Instructor
10:15 – 11:00am	SilverSneakers (1) Margie	SilverSneakers (1) Margie	SilverSneakers (1) Christi	SilverSneakers (1) Margie		
11:15 – 11:45am		Chair Yoga (0) Alexa		Chair Yoga (0) Alexa		

STUDIO B - PERSONAL TRAINING

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 – 6:00am		Cycling (0) Jen		Cycling (0) Jen	
9:15 – 9:45am	Boot Camp (2-3) Brittany		Boot Camp (2-3) Christi		Boot Camp (2-3) Alexa
9:15-10am		*TRX (1-2) Brittany		*TRX (1-2) Tania	
10:15- 11am		*TRX (2-3) Shelly		*TRX (2-3) Tania	
6:00 – 6:30pm	Boot Camp (2-3) Makayla		Boot Camp (2-3) Shelley		
6:00- 6:45PM		*TRX (0) Alexa		*TRX (0) Alexa	

BEGINNER = 1

INTERMEDIATE = 2

ADVANCED = 3

ALL LEVELS = 0

*TRX participants need to pick up a card at the front desk prior to class. 10 cards max

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