



GROUP FITNESS SCHEDULES

STUDIO A

January 23 – February 12

*This schedule is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am	Total Body Blast (2-3) Andy 5:15-6:00		Low-Impact Cardio (0) Karrie 5:15-6:00		Yoga Flow (0) Sara 5:15-6:00		
6:00-7:00am							
7:00-8:00am							
8:00-9:00am	Active Older Adult (1) Christi 8:15-9:00		Active Older Adults (1) Tianna 8:15-9:00		Active Older Adults (1) Tania 8:15-9:00		
9:00-10:00am	Low-Impact Cardio (2) Anna 9:15-10:00	Tone it Up (2) Shelly 9:15-10:00	Low-Impact Cardio (2) Erin 9:15-10:00	Tone it Up (2) Shelly 9:15-10:00	Low-Impact Cardio (2) Tania 9:15-10:00		
10:00-11:00am	SilverSneakers (1) Anna 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Anna 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00		Yoga Flow (0) Sara 10:15-11:00	
11:00am-12:00pm	Stay Strong (cancer survivors) 11:15-12:00		Stay Strong (cancer survivors) 11:15-12:00				
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm							
5:00-6:00pm	Dance It Off with Kelsey 5:30-6:15 pm		Dance It Off with Kelsey 5:30-6:15 pm				
6:00-7:00pm							
7:00-8:00pm							



GROUP FITNESS SCHEDULES

STUDIO B

January 23 – February 12

*This schedule is subject to change *TRX & Cycling require card pick up from the front desk, to reserve your spot

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
5:00-6:00am		Cycling (0) Jen 5:15-6:00		Cycling (0) Jen 5:15-6:00						
6:00-7:00am	Open Member Access 6:00-8:45	Open Member Access 6:00-9:00	Open Member Access 6:00-9:00	Open Member Access 6:00-8:45	Open Member Access 6:00-12:00					
7:00-8:00am										
8:00-9:00am										
9:00-10:00am	Livestrong (cancer survivors) 9:00-10:15	Tabata (New!) (1-2) Desirae 9:15-10:00	Livestrong (cancer survivors) 9:00-10:15	*TRX (1-2) Brittany 9:00-9:45						
10:00-11:00am	Mobility (New!) (1-2) Desirae 10:15-10:45	Open Member Access 10:00-12:00	Open Member Access 10:15-11:00	Open Member Access 9:45-12:00						
11:00am-12:00pm	Open Member Access 11:00-12:00		Aspirus Falls Prevention 11:00-12:00							
12:00-1:00pm										
1:00-2:00pm										
2:00-3:00pm										
3:00-4:00pm										
4:00-5:00pm	Open Member Access 4:00-7:30	Open Member Access 4:00-5:00	Open Member Access 4:00-5:45	Open Member Access 4:00-5:00	Open Member Access 4:00-7:30					
5:00-6:00pm		Tabata (New!) (1-2) Christi 5:15-6:00		Tabata (New!) (1-2) Christi 5:15-6:00						
6:00-7:00pm		Open Member Access 6:00-7:30pm	Open Member Access 6:00-7:30pm	Cycling (0) Shelley 6:00-6:45				Open Member Access 6:00-7:30pm		
				Open Member Access 6:45-7:30						
7:00-8:00pm										