



GROUP EXERCISE SCHEDULES

STUDIO A

Starts January 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6 am						
	Total Body Strength <i>Rotating</i> 5:15-6 am		Low-Impact Cardio <i>Karrie</i> 5:15-6 am		Yoga Flow <i>Sara</i> 5:15-6 am	
6-8 am			Police Academy <i>Renee</i> 6:30-7:30 am		Police Academy <i>Renee</i> 6:30-7:30 am	
8-9 am	Active Older Adult <i>Kathy</i> 8:15-9 am		Active Older Adults <i>Kathy</i> 8:15-9 a		Active Older Adults <i>Kathy</i> 8:15-9 a	
9-10am	Low-Impact Cardio <i>Erin</i> 9:15-10 am		Total Body Strength <i>Shelly S</i> 9:15-10 am		Low-Impact Cardio <i>Desirae</i> 9:15-10 am	
10-11am						
	SilverSneakers <i>Kathy</i> 10:15-11 am	SilverSneakers <i>Margie</i> 10:15-11 am	SilverSneakers <i>Kathy</i> 10:15-11 am	SilverSneakers <i>Margie</i> 10:15-11 am	Flexibility Flow w/ Chair <i>Taylor</i> 10:15-11 am	Yoga Flow <i>Sara</i> 9:45-10:45 am
11-12pm		Chair Flow <i>Margie</i> 11:15-12pm		Chair Flow <i>Margie</i> 11:15-12pm		
12-2pm			Parkinson’s Power <i>Aspirus/Marshfield</i> 12-12:50pm			
2-3pm		RESERVED FOR VA 2-3 pm				
3-4pm		RESERVED FOR VA 3-4 pm				
4-5pm						
5-6pm						
6-7pm		Power Flow <i>Taylor</i> 6:30 – 7:15pm		Power Flow <i>Taylor</i> 6:30 – 7:15pm		
7-8pm						

STUDIOS ARE OPEN FOR MEMBER ACCESS (16 YEARS AND UP) WHEN CLASSES ARE NOT IN SESSION,
UP TO 30 MINUTES BEFORE CLOSING.

**** SUBJECT TO BE CLOSED DUE TO STAFF USE ****



GROUP EXERCISE SCHEDULES

STUDIO B

Starts January 2

**Cycling requires card pick up from the front desk, to reserve your spot*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6am		*Cycling Jen 5:15-6 am		*Cycling Jen 5:15-6 am		
6-9am						20/20/20 Rotating Instructors 8:30-9:30am
9-10am		HIIT it Hard Taylor 9:30 – 10am		LiveStrong Brittany/Linda 9:30-10:45 am		
10-11am						
11a-6pm						
6-7pm				Total Body Strength Shelley M 6-6:45 pm		
7-8pm						

20/20/20 Consists of 20 minutes of High Intensity / 20 minutes of strength / 20 minutes core & flexibility

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