



# WWH Fitness Class Schedule

WESTERN WISCONSIN HEALTH

FITNESS CENTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:45am</b>	Java Jumpstart 5:45—6:10am	<b>Spin AM 5:45—6:30am *Starts April 25<sup>th</sup></b>	Java Jumpstart 5:45—6:10am	<b>TRX Movement 5:30—6:15am *Starts April 27<sup>th</sup></b>	<b>Spin Interval 5:45—6:30am *Starts April 28<sup>th</sup></b>	
<b>9:00am</b>	Forever Active 9:00—9:30am		Forever Active 9:00—9:30am		<b>Pilates 9:15—10:15am *Starts April 28<sup>th</sup></b>	6 week Specialty Snapshot 9:00—9:30am
<b>10:15am</b>	<b>Fundamental Yoga- Monday AM 10:15—11:15am *Starts April 24<sup>th</sup></b>					
<b>12:00pm</b>					<b>Spin Combo 12:00—12:45pm *Starts April 28<sup>th</sup></b>	
<b>1:00pm</b>		<b>Tai Chi 1:00—2:00pm *Starts April 25<sup>th</sup></b>				
<b>4:00pm</b>	After work shake up 4:00—4:30pm	<b>Spin PM 4:15—5:00pm *Starts April 25<sup>th</sup></b>			After work shake up 4:00—4:30pm	
<b>5:00pm</b>	*Health Switch* 5:00—5:30pm	Wild card workout 5:15—5:45pm	Cardio Circuit & stretch 5:00—5:30pm	Body Blast 5:30—6:00pm		
<b>5:45pm</b>	<b>Fundamental Yoga- Monday PM 5:45—6:45pm *Starts April 24<sup>th</sup></b>		<b>Fundamental Yoga- Wednesday PM 5:45—6:45pm *Starts April 26<sup>th</sup></b>	<b>Yoga HIIT 6:15—7:00pm *Starts April 27<sup>th</sup></b>		
<b>7:30pm</b>	<b>FitDance 7:30—8:20pm *FREE DEMO April 10<sup>th</sup></b>					

**BOLD Classes= Fee Based Specialty Class (\$40/6 Week Session), (TRX Fusion= \$35/6 week session);  
Please pre-register at the front desk!**  
Health Switch\*= Special Program  
All other classes= Free with Membership