



WWH Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	Java Jumpstart 5:45—6:10am	Spin AM 5:45—6:30am *Starts Sept. 19	Java Jumpstart 5:45—6:10am	TRX Movement 5:30—6:15am *Starts Sept. 21	Spin Interval 5:30—6:30am *4-week session starts Sept. 22	
7:00am			Heated Yoga 7:00—7:45am *Starts Sept. 20			
8:30am						Specialty Snapshot 8:30—9:00am
9:00am	Forever Active 9:00—9:30am	Fundamental Yoga- Tuesday AM 9:00—10:00am *Starts Sept. 19	Forever Active 9:00—9:30am		Pilates 9:15—10:15am *Starts Sept. 22	
12:00pm		Power Yoga 12:00—12:45pm *4-week session starts Sept. 19		Noontime Fitness Fusion 12:05—12:25pm *Started Sept. 7	Spin Combo 12:00—12:45pm *Starts Sept. 22	
1:00pm		Tai Chi 1:00—2:00pm *Starts Sept. 19	<i>**Health Switch 1:00—1:30pm</i>			
4:00pm	After Work Shake Up 4:00—4:30pm				After Work Shake Up 4:00—4:30pm	
5:00pm	<i>**Health Switch 5:00—5:30pm</i>	Wild Card Workout 5:15—5:45pm	Cardio Circuit & Stretch 5:00—5:30pm <i>(Sept. 13 & 20)</i>	Body Blast 5:30—6:00pm		
5:45pm	Fundamental Yoga- Monday PM 5:45—6:45pm *Starts Sept. 18	Triple Threat Tuesday 6:00 - 6:30pm	Cardio Drumsticks 6:00—6:45pm *Starts Sept. 20	Pre/Post Natal Class 6:15—6:45pm *Starts Sept. 21		
7:00pm		Fitness Stretch & Tone 6:45—7:30pm *Starts Sept. 19	Cardio Circuit & Stretch 7:00—7:30pm <i>(Starting Sept. 27)</i>			

BOLD Classes = Fee Based Specialty Class (\$40/6 Week Session, \$30/4 week Session) Please pre-register at the front desk!

***Health Switch is a separate pre-registration (\$145 for 12 weeks) Please inquire at the front desk!*

All other classes = Free with Membership



WESTERN WISCONSIN HEALTH

FITNESS CENTER

After Work 'Shake Up': Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We'll get your heart rate up and build your body at the same time!

Body Blast: Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class's needs. This is a great time to enjoy the music and feel the burn!

Cardio Circuit and Stretch: With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15 minute whole body stretch.

Cardio Drumsticks: This drumsticks cardio class is a full-body workout for all ages filled with motivating instruction and upbeat music that is sure to tone your body and work muscles you didn't even know you had! Each song will target a specific muscle group using light weight drumsticks.

Fitness Stretch and Tone: FST blends the best of mind/body formats in an energizing and calming atmosphere. All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

Forever Active: This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.

Fundamental Yoga AM and PM: This is the perfect class to learn about yoga and how to perform poses to the best benefit of your ability!

Heated Yoga: Hot Yoga is a "slow flow" class held on the pool deck in a warm, humid environment. The heat helps to loosen muscles leading to greater depth of stretch and releasing of bodily toxins. This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief.

Java Jumpstart: Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core.

Pilates: Experience the benefits of training from the center of your body out! Pilates improves core strength, posture, coordination, muscle tone, strength, muscle endurance, coordination, and flexibility.

Pre/Post Natal Class: This 30 minute total body workout incorporates modifiable cardio conditioning, strength training, and focuses on core stability - all designed for the specific needs of expecting and new mothers' bodies. Assists with reducing stresses and strains associated with major changes during and after pregnancy.

Power Yoga: Unroll your yoga mat for a full-body workout where you'll explore the yoga postures and fundamental principles of Vinyasa yoga. This yoga class will fire up your core strength as you practice proper posture alignment, flow through yoga sequences and build heat from within by connecting breath to movement.

Specialty Snapshot: We will explore different styles of specialty classes that we may want to offer in the future on Saturdays.

Spin AM/Spin Combo/Spin Interval: This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Tai Chi: Tai Chi uses slow, smooth body movements to strengthen joints and muscles, increase bone density, lower blood pressure, improve balance and coordination, and achieve mental relaxation!

Triple Threat Tuesdays: This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training at the same time.

TRX Movement: Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups.

Wild Card Workout: No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting.

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