

Group Fitness Schedule March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Java Jumpstart 5:45-6:15am McKayla	Spin AM 5:45-6:30am Stephanie	Java Jumpstart 5:45-6:15am Kerri	TRX Movement 5:45-6:30am Kerri	Spin to Win 5:45-6:30am Instructor varies	
EMPLOYEE WELLBEING PROGRAM 6:30-7:15am McKayla	Sunrise Yoga 7:00-7:45am Angie		Sunrise Yoga 7:00-7:45am Angie		Wake Up Circuit 7:30-8:00am Instructor varies
	Pilates Circuit 8:00-8:45am Angie		Pilates Circuit 8:00-8:45am Angie		Specialty Snapshot 8:30-9:00am Instructor varies
Forever Active 9:00-9:30am McKayla	Strong Bodies 9:30-10:15am Kerri or Jo	Forever Active 9:00-9:30am Kerri	Movin' Bodies 9:30-10:15am Kerri or Jo	Pilates 9:45-10:30am Anna	
		*LIFT STRONG PROGRAM Feb 5-April 1, 2020 (NO CLASS 3/11) 9:30-10:30am Anna	Beginner Yoga 11:30-12:00pm Denise		
			Yoga for Everyone + Meditation 12:15-1:00pm Denise		
After Work Shake Up 4:00-4:30pm Kerri	EMPLOYEE WELLBEING PROGRAM 3:30-4:15pm Matt	After Work Shake Up 4:00-4:30pm McKayla			
Total Body Strength Circuit 5:00-5:30pm Matt	Wild Card Workout 5:00-5:45pm Matt	Step and More 5:00-5:30pm Kelly			
			Body Blast 5:30-6:00pm McKayla		
Fundamental Yoga 6:00-7:00pm Angie	Triple Threat Tuesday 6:00-6:30pm Mary Lou	Butts and Guts Bootcamp 5:45-6:30pm Jamie	Spin Cycle 6:30-7:15pm Mary Lou		
	Full Cycle 7:00-7:45pm Mary Lou	Yoga to Replenish 6:45-7:30pm Travis			

All classes are free with membership! Non-members can pay \$10 for a guest pass and receive classes for free. Classes with limited space (Spin classes and TRX classes) are first come, first serve. Please arrive early for these classes.

***SPECIALTY PROGRAMS** are an additional cost dependent on the program. See program description for details.

Employee Wellbeing Program is for Western Wisconsin Health employees who have joined a cohort for the specific time shown on the schedule. These classes are not open to other fitness center members.

Class Descriptions

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!

Beginner Yoga: This beginner class blends asanas (postures) with pranayama (breath techniques) to balance mind and body. The class will provide exploration of movements for strength, flexibility and relaxation.

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!

Butts and Guts Bootcamp: Sculpt, shape, strengthen and tone all of your muscles, focusing on the back, butt and thighs in particular.

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

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

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.

***LIFT STRONG:** This is a progressive 8-week lifting program that will feel much like personal training in a motivating group fitness environment. Every week, you will learn a new and challenging lifting workout and also be provided with homework to complete during the week. The goal is that you will not only see physical progress, but also learn how to design a progressive lifting program for yourself. **LIFT STRONG** is for anyone looking to increase muscle strength and tone. **COST: \$40/MEMBER; \$60/NON-MEMBER**

Movin' Bodies: This weekly dance-based cardio class is designed for older adults. Classes will combine aerobic exercise from dance movement with stretching for a great workout in either a seated or standing position. Special drop in rate of \$5.

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

Pilates Circuit: Combine the powerhouse strength moves of Pilates with the challenge and timing of circuit training for a full body workout.

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

Spin AM/Full Cycle/Spin to Win/Spin Cycle: This indoor cycling class provides training for a variety of terrains. With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Step and More: Step your way to improved cardio fitness with Step and More! We will have a mix of traditional step moves along with strength exercises. This class is a total body workout that will get your heart pumping!

Strong Bodies: This weekly strength training class is designed for older adults. Each class includes a variety of exercises with both seated and standing options. Improve your mood, energy, sleep and your life! Special drop in rate of \$5.

Sunrise Yoga: Wake up and be energized with Sunrise Yoga! 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.

Total Body Strength Circuit: This circuit-style class has a focus on strength building exercises including; lower body, upper body, and core to give you a well-balanced workout!

Triple Threat Tuesday: 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.

Wake Up Circuit: Stop in for an early Saturday morning workout. Wake Up Circuit offers timed intervals of exercises performed at different stations. This is suitable and modifiable for all fitness levels.

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.

Yoga for Everyone + Meditation: Enjoy the benefits of yoga during your lunch break! This all-levels class blends asanas (postures) with pranayama (breath techniques) to balance mind and body. The class will provide exploration of movements for strength, flexibility and relaxation plus meditation.

Yoga to Replenish: Center yourself with breath-based movement and dynamic poses that strengthen and stretch. All levels of ability are welcome!