

Group Fitness Schedule SUMMER 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Forever Active 9:00-9:30am Kerri		Forever Active 9:00-9:30am McKayla			
Tabata 4:00-4:30pm Kerri		Tabata 4:00-4:30pm Jamie	Bootcamp 4:00-4:45pm McKayla		
Bootcamp (Outdoor) 5:00-6:00pm Kerri & Matt	Tabata 5:15-5:45pm Jamie		Cardio/Strength 5:00-5:45pm McKayla		
		Bootcamp 5:00-5:45pm Jamie			

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.

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

Bootcamp: Offered both indoor and/or outdoor, this class incorporates a variety of strength and cardio to help you shape and tone your body--or just stay in shape.

Cardio/Strength: This class works out all areas of the body and focuses on arms, legs, glutes and core.

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

Tabata: Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class which 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! Tabata is a form of high-intensity physical training in which very short periods of demanding activity are alternated with shorter periods of rest.