Group Fitness Schedule

Sunday	September 2020						
Les Mills On Demand S - 5:30 am S - 5:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S - 5:30 am	Juliuay						Saturday
Virtual: CRIT Cardio Sids - 6:15 am Sids - 6:15 am Sids - 6:15 am Sids - 6:35 am Sids - 6:35 am Virtual: CRIT Strength Sids - 6:35 am Virtual: CRIT Strength Sids - 6:35 am Virtual: CRIT Strength Vi							
S.45 - 6:15 am		5 - 5.30 am	5 - 5.30 am	5 - 5.30 am	5 - 5.30 am	5 - 5.30 am	
S-45-e15 am		Virtual: CDIT Cardio		Virtual: BODVBLIMD		Virtual: CDIT Strongth	
Virtual: CXWORX 6:30 - 7 am			Virtual: DDM		Cardio/Strength (McKayla)		
Virtual: CXWORX 6:30-7 am Virtual: CXWORX 6:30-7 am (McKeyla) (3:20-7 am (McKey		5:45 - 6:15 am		5.45 - 6.15 am	5:45 - 6:30 pm	5:45 - 6:15 am	
1.1.1.45 am 1.2.12.45 pm 1.2.1		Virtual, CVMORV	5:45 - 6:35 am	Virtual, CVMORY	5 1 1 11 11 15	Virtual, CVMODY	
Virtual: GRIT Strength				-			
T-15 - T-45 am		6:30 - 7 am		6:30 - 7 am	(MCKayla) 6:30 - 7 am	6:30 - 7 am	
7-8 am		VII. 1					
Virtual: BODYFLOW 8-8-45 am Sit5-8:45 am Si		_					
Foreign First Fi		7:15 - 7:45 am	7 - 8 am	7:15 - 7:45 am	7 - 8 am	7:15 - 7:45 am	
Section Sect							
Section Sect		Virtual: BODYPUMP		Virtual: BODYPUMP		Virtual: BODYPUMP	
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Forever Active - (Kerri) 9 - 93.03 am 9 - 93.		0 0.10 a	8:15 - 8:45 am	5 0.10 dill	8:15 - 8:45 am	0 0110 am	
P - 9:30 am	8:15 - 9:15 am						8:15 - 9:15 am
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Virtual: CXWORX 9:45 - 10:15 am 9:30 - 10 am 9:45 - 10:15 am 9:30 - 10 am 10:30 am - 12 pm		9 - 9:30 am	Virtual: BODYPUMP	9 - 9:30 am	Virtual: BODYPUMP	Virtual: BODYFLOW	
10.15 - 10.45 am 9.45 - 10:15 am 9:45 am 9:4	Virtual: GRIT Cardio		9 - 10 am		9 - 10 am	9:45 - 10:30 am	Virtual: BODYFLOV
Virtual: CXWORX 10:15 - 10:45 am 10:15 - 10:45 am 10:15 - 10:45 am 10:30 am - 12 pm 10:15 - 10:45 am 11:11:45 am 11:1	9:30 - 10 am	VIRTUAL: CXWORX		Virtual: CXWORX			9:30 - 10 am
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**F.A.S.T (McKayla) 10:30 am - 12 pm	Virtual: BODYPUMP		Virtual: CXWORX		Virtual: CXWORX		Virtual: CXWORX
**F.A.S.T (McKayla) 10:30 am - 12 pm	10:15 - 10:45 am				J		
10:30 am - 12 pm	10110		10110 10110 0				10110 10110 0
10:30 am - 12 pm		*F.A.S.T (McKavla)		*F.A.S.T (McKavla)			<u> </u>
Indoor/ Outdoor Spin-							
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Les Mills On Demand 1 - 3:45 pm		Indoor/ Outdoor Spin -		Indoor/ Outdoor Spin -			
Les Mills On Demand Les Mills On Demand 1 - 3 - 45 pm		•	Employee Wellbeing	<u>.</u>		Virtual: RPM	
Les Mills On Demand 1 - 3:45 pm Virtual: BODYFLOW 3 - 3:45 pm Tabata - (Kerri) 4 - 4:30 pm Tabata - (Jamie) 5 - 6 pm Virtual: RPM 6 - 6:45 pm Les Mills On Demand 1 - 2:45 pm Les Mills On Demand 1 - 2:45 pm Les Mills On Demand 1 - 2:45 pm Virtual: BODYFLOW 3 - 3:45 pm Cardio/Strength - (McKayla) 4 - 4:45 pm Outdoor/Indoor Spin - (Mary Lou) 6 - 6:45 pm Outdoor/Indoor Spin - (Mary Lou) 6 - 6:45 pm		•		· · · · · · · · · · · · · · · · · · ·		12 - 12:45 pm	
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Tabata - (Kerri) 3:30 - 4:15 pm			Employee Wellbeing	 		3 - 3:45 pm	
Tabata - (Kerri) 3:30 - 4:15 pm							
A - 4:30 pm		Tahata - (Korri)	• • • • • • • • • • • • • • • • • • • •	Tahata - / Jamia)			
Bootcamp - (Kerri)			3.30 - 4.13 piii		Cardio/ Strength - (McKayla)		
Social Composition Social		4 - 4.30 pm		4 - 4.30 pm	4 - 4:45 pm		
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0 - 0:43 pm		6 - 6:45 pm	6 - 6:45 pm		•		
		•			6 - 6:45 pm		
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All classes are free with membership! Non-members can pay \$10 for a guest pass and may attend classes. With COVID, classes are limited to space; first come, first serve. Please arrive early for these classes.

^{*}Specialty Programs are an additional cost dependent on the program. See Trainer and/or Fitness Desk 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

LIVE CLASSES

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

Cardio/Strength: This class works out all areas of the body with a variety of cardio and strength exercises.

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

This indoor and/or outdoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give Spin:

you an amazing workout.

This fitness class will mix your cardio and strength training for a total body workout! Tabata is a form of high-intensity physical training in which very short Tabata:

periods of demanding activity are alternated with shorter periods of rest.

VIRTUAL CLASSES

A motivating blend of yoga with Tai Chi and Pilates which improves your flexibility and increases core strength while you reduce your stress levels. You'll **Body Flow:**

focus your mind and create a lasting sense of wellbeing and calm. Classes are available as 30-, 45- or 50-minute workouts.

An ideal workout for anyone looking to get lean, toned and fit – fast. This full-body barbell workout will burn calories, shape and tone your entire body, **Body Pump:**

increase core strength and improve bone health. Classes are available as 30-, 45- or 50-minute workouts.

CXWORX: 30-minute core training workout that delivers quick results for all fitness levels.

GRIT Cardio; GRIT Strength; or GRIT

30-minute High Intensity Interval Training (HIIT) workouts for members looking to take their fitness to the next level. Improve cardio fitness and agility, lean muscle growth, increased calorie burn and fat loss. NOTE: We recommend that GRIT (or any other HIIT classes) be taken no more than two times per week.

RPM: 30- or 50-minute indoor cycling class set to motivating music. Burn calories, get fit and feel euphoric.

PROGRAMS

Athletic:

This is a program geared toward female athletes ages 14+ wanting to take their athletic performance to the next level. Participants will be working with our F.A.S.T. :

sports performance trainer to enhance foot speed, strength, power and overall athleticism. Our goal is to get athletes back in shape and strong before their

next sports season.