

## Group Fitness Schedule

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Les Mills On Demand 5 - 5:30 am	Les Mills On Demand 5 - 5:30 am	Les Mills On Demand 5 - 5:30 am	Les Mills On Demand 5 - 5:30 am	Les Mills On Demand 5 - 5:30 am	
	Virtual: GRIT Cardio 5:45 - 6:15 am	Virtual: RPM 5:45 - 6:45 am	Virtual: BODYPUMP 5:45 - 6:15 am	Cardio/Strength (McKayla) 5:45 - 6:30 pm	Virtual: GRIT Strength 5:45 - 6:15 am	
	Virtual: CXWORX 6:30 - 7 am		Virtual: CXWORX 6:30 - 7 am	Employee Wellbeing Program - (McKayla) 6:30 - 7 am	Virtual: CXWORX 6:30 - 7 am	
	Virtual: GRIT Strength 7:15 - 7:45 am	Virtual: BODYFLOW 7 - 8 am	Virtual: BODYPUMP 7:15 - 7:45 am	Virtual: BODYFLOW 7 - 8 am	Virtual: GRIT Cardio 7:15 - 7:45 am	
Virtual: BODYFLOW 8:15 - 9:15 am	Virtual: BODYPUMP 8 - 8:45 am	Virtual: RPM 8:15 - 8:45 am	Virtual: BODYPUMP 8 - 8:45 am	Virtual: RPM 8:15 - 8:45 am	Virtual: BODYPUMP 8 - 8:45 am	Virtual: BODYPUMP 8:15 - 9:15 am
	Forever Active - (Kerri) 9 - 9:30 am	Virtual: BODYPUMP 9 - 10 am	Forever Active - (McKayla) 9 - 9:30 am	Virtual: BODYPUMP 9 - 10 am	Virtual: BODYFLOW 9:00 - 10:00 am	Virtual: BODYFLOW 9:30 - 10 am
Virtual: GRIT Cardio 9:30 - 10 am	VIRTUAL: CXWORX 9:45 - 10:15 am		Virtual: CXWORX 9:45 - 10:15 am			
Virtual: BODYPUMP 10:15 - 10:45 am		Virtual: CXWORX 10:15 - 10:45 am		Virtual: CXWORX 10:15 - 10:45 am		Virtual: CXWORX 10:15 - 10:45 am
Les Mills On Demand 11-11:45 am	Les Mills On Demand 10:30-11:45 am	Les Mills On Demand 11 - 11 :45 am	Les Mills On Demand 10:30-11:45 am	Les Mills On Demand 11 - 11:45 am	Les Mills On Demand 10:15 - 11:45 am	Les Mills On Demand 11 - 11:45 am
	Indoor/ Outdoor Spin - (Jamie) 12 - 12:45 pm	Employee Wellbeing Program - (Kerri) 12:15 - 1 pm	Indoor/ Outdoor Spin - (Jamie) 12 - 12:45 pm	Virtual: BODYFLOW 12 - 12:45 pm	Virtual: RPM 12 - 1 pm	
	Les Mills On Demand 1 - 3:45 pm	Les Mills On Demand 1:15 - 3:15 pm	Les Mills On Demand 1 - 3:45 pm	Les Mills On Demand 1 - 3:45 pm	Les Mills On Demand 1:15 - 2:45 pm	
		Employee Wellbeing Program - (Jamie) 3:30 - 4:15 pm			Virtual: BODYFLOW 3 - 3:45 pm	
	Tabata - (Kerri) 4 - 4:30 pm		Tabata - (Jamie) 4 - 4:30 pm	Cardio/ Strength - (McKayla) 4 - 4:45 pm		
	Bootcamp - (Kerri) 5 - 6 pm	Tabata - (Jamie) 5:15 - 5:45 pm	Cardio/Strength - (Jamie) 5 - 5:45 pm	Cardio/Strength - (McKayla) 5 - 5:45 pm		
	Virtual: BODYFLOW 6 - 6:45 pm	Virtual: RPM 6 - 6:45 pm	Yoga - (Travis) 6 - 6:45 pm	Outdoor/Indoor Spin - (Mary Lou) 6 - 6:45 pm		

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.
- Forever Active:** This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.
- Spin:** 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 you an amazing workout.
- Tabata:** 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 periods of demanding activity are alternated with shorter periods of rest.
- Yoga:** Yoga class will improve the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses.

### VIRTUAL CLASSES

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

- F.A.S.T. :** 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 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.