

GROUP FITNESS CLASSES

Starting: Monday, 2/15/2021

Monday: 6:00 - 6:30am

Kerri - FB Live

Cardio/Strength/Core (bodyweight workout- weights optional)

Tuesday: 9:00 - 9:30am

Scott - FB Live

Cardio/Strength/Core (bodyweight workout- weights optional)

Wednesday: 6:00 - 6:30am

Kerri - FB Live

“Jamie’s Tabata” with Kerri (some weights needed)

Thursday: 5:45 - 6:30 am

Kerri - FB Live

Cardio Club (treadmill, elliptical, or bike required)

9:00 - 9:30 am

McKayla - FB Live

Cardio/Strength/Core (bodyweight workout - weights optional)

Friday: 8:00 - 8:30am

McKayla - FB Live

Cardio/Strength/Core (bodyweight workout - weights optional)

Saturday: 8:00 - 8:30am

Instructor Rotation - FB Live

Cardio/Strength/Core (bodyweight workout - weights optional)



WESTERN WISCONSIN HEALTH

FITNESS CENTER