



# WWH Fitness Class Schedule

WESTERN WISCONSIN HEALTH

FITNESS CENTER

| Time           | Monday                                                                                     | Tuesday                                                          | Wednesday                                                                                   | Thursday                                                              | Friday                                                                 | Saturday                                    |
|----------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------|
| <b>5:45am</b>  | Java Jumpstart<br>5:45—6:10am                                                              | <b>Spin AM<br/>5:45—6:30am<br/>*Starts April 25<sup>th</sup></b> | Java Jumpstart<br>5:45—6:10am                                                               | <b>TRX Movement<br/>5:30—6:15am<br/>*Starts April 27<sup>th</sup></b> | <b>Spin Interval<br/>5:30—6:30am<br/>*Starts April 28<sup>th</sup></b> |                                             |
| <b>9:00am</b>  | Forever Active<br>9:00—9:30am                                                              |                                                                  | Forever Active<br>9:00—9:30am                                                               |                                                                       | <b>Pilates<br/>9:15—10:15am<br/>*Starts April 28<sup>th</sup></b>      | 6 week Specialty<br>Snapshot<br>9:00—9:30am |
| <b>10:15am</b> | <b>Fundamental Yoga-<br/>Monday AM<br/>10:15—11:15am<br/>*Starts April 24<sup>th</sup></b> |                                                                  |                                                                                             |                                                                       |                                                                        |                                             |
| <b>12:00pm</b> |                                                                                            |                                                                  |                                                                                             |                                                                       | <b>Spin Combo<br/>12:00—12:45pm<br/>*Starts April 28<sup>th</sup></b>  |                                             |
| <b>1:00pm</b>  |                                                                                            | <b>Tai Chi<br/>1:00—2:00pm<br/>*Starts April 25<sup>th</sup></b> |                                                                                             |                                                                       |                                                                        |                                             |
| <b>4:00pm</b>  | After work shake up<br>4:00—4:30pm                                                         | <b>Spin PM<br/>4:15—5:00pm<br/>*Starts April 25<sup>th</sup></b> |                                                                                             |                                                                       | After work shake up<br>4:00—4:30pm                                     |                                             |
| <b>5:00pm</b>  |                                                                                            | Wild card workout<br>5:15—5:45pm                                 | Cardio Circuit & stretch<br>5:00—5:30pm                                                     | Body Blast<br>5:30—6:00pm<br>(Effective April 27)                     |                                                                        |                                             |
| <b>5:45pm</b>  | <b>Fundamental Yoga-<br/>Monday PM<br/>5:45—6:45pm<br/>*Starts April 24<sup>th</sup></b>   |                                                                  | <b>Fundamental Yoga-<br/>Wednesday PM<br/>5:45—6:45pm<br/>*Starts April 26<sup>th</sup></b> | <b>Yoga HIIT<br/>6:15—7:00pm<br/>*Starts April 27<sup>th</sup></b>    |                                                                        |                                             |
| <b>7:30pm</b>  | <b>FitDance<br/>7:30—8:20pm<br/>*FREE DEMO<br/>April 10<sup>th</sup></b>                   |                                                                  |                                                                                             |                                                                       |                                                                        |                                             |

**BOLD Classes= Fee Based Specialty Class (\$40/6 Week Session), (TRX Fusion= \$35/6 week session);**  
**Please pre-register at the front desk!**  
 Health Switch\*= Special Program  
 All other classes= Free with Membership