

Group Fitness Schedule - August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
VIRTUAL: GRIT Cardio 5:45-6:15am	VIRTUAL: RPM 5:45-6:35am	VIRTUAL: BODYPUMP 5:45-6:15am	VIRTUAL: RPM 5:45-6:35am	VIRTUAL: GRIT Strength 5:45-6:15am		
VIRTUAL: CXWORX 6:30-7:00am		VIRTUAL: CXWORX 6:30-7:00am	EMPLOYEE WELLBEING PROGRAM 6:30-7:00am - McKayla	VIRTUAL: CXWORX 6:30-7:00am		
VIRTUAL: GRIT Strength 7:15-7:45am	VIRTUAL: Body Flow 7:00-8:00am	VIRTUAL: BODYPUMP 7:15-7:45am	VIRTUAL: Body Flow 7:00-8:00am	VIRTUAL: GRIT Cardio 7:15-7:45am		
VIRTUAL: BODYPUMP 8:00-8:45am	VIRTUAL: RPM 8:15 – 8:45am	VIRTUAL: BODYPUMP 8:00-8:45am	VIRTUAL: RPM 8:15 – 8:45am	VIRTUAL: BODYPUMP 8:00-8:45am	VIRTUAL: BODYPUMP 8:15-9:15am	VIRTUAL: Body Flow 8:15-9:15am
Forever Active 9:00-9:30am - Kerri	VIRTUAL: BODYPUMP 9:00-10:00am	Forever Active 9:00-9:30am - McKayla	VIRTUAL: BODYPUMP 9:00-10:00am	VIRTUAL: Body Flow 9:45-10:30am	VIRTUAL: Body Flow 9:30-10:00am	VIRTUAL: GRIT Cardio 9:30-10:00am
VIRTUAL: CXWORX 9:45- 10:15am	VIRTUAL: CXWORX 10:15-10:45am	VIRTUAL: CXWORX 9:45- 10:15am	VIRTUAL: CXWORX 10:15-10:45am		VIRTUAL: CXWORX 10:15-10:45am	VIRTUAL: BODYPUMP 10:15-10:45am
*F.A.S.T. (Program) 10:30-12:00 – McKayla		*F.A.S.T. (Program) 10:30-12:00 – McKayla				
Spin 12:00-12:50pm - Jamie	EMPLOYEE WELLBEING PROGRAM 12:15-1:00pm - Kerri	Spin 12:00-12:50pm - Jamie		VIRTUAL: RPM 12:00-12:50pm		
	EMPLOYEE WELLBEING PROGRAM 3:30-4:15pm - Jamie			VIRTUAL: Body Flow 3:00-3:45pm		
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	Bootcamp 5:00-5:45pm - Jamie	Cardio/Strength 5:00-5:45pm - McKayla			
VIRTUAL: Body Flow 6:00-6:45pm	VIRTUAL: RPM 6:00-6:50pm	VIRTUAL: BODYPUMP 6:00-6:45pm	VIRTUAL: RPM 6:00-6:50pm			

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.

*Specialty Programs are an additional cost dependent on the program. See program description 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 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.

Tai Chi: This class will cover the fundamental concepts of Tai Chi. Posture, relaxed deep breathing, flowing movement and a basic understanding of mind-body connection will be discussed. This is a great class to improve body awareness and balance. Special drop in rate of \$5.

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.