

Western Wisconsin Health Fitness Center Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Les Mills On Demand 12 - 8 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 5:30 am	Les Mills On Demand 12 - 7:45 am	
	Cardio/Strength - (McKayla) 5:45 - 6:15 am	Virtual: RPM 5:45 - 6:45 am	Cardio/Strength - (McKayla) 5:45 - 6:15 am	TRX Fusion - (Kerri) 5:45 - 6:30 am	Spin - (Scott) 5:45 - 6:30 am		
	Virtual: Beginner BODYFLOW 6:30 - 7:00 am		Virtual: Beginner BODYFLOW 6:30 - 7:00 am		Virtual: Beginner BODYPUMP 6:45 - 7:15 am		
	Virtual: BODYFLOW Flexibility 7:15 - 7:45 am	Virtual: Beginner CORE 7:00 - 7:30 am	Virtual: BODYFLOW 7:15 - 8:00 am	Virtual: Beginner CORE 7:00 - 7:30 am	Virtual: BODYPUMP 7:30 - 8:00 am		
		Virtual: CORE 7:45 - 8:15 am		Virtual: CORE 7:45 - 8:30 am			
	Virtual: Beginner GRIT Cardio 8:15 - 8:45 am		Virtual: Beginner GRIT Strength 8:15 - 8:45 am		Virtual: Beginner GRIT Cardio 8:15 - 8:45 am		Cardio/Strength - (Colleen) 8 - 8:45 am
Les Mills On Demand 8 am - 2 pm	TRX Fusion - (Jamie) 9 - 9:45 am	Forever Active - (McKayla) 9 - 9:30 am	TRX Fusion - (Jamie) 9 - 9:45 am	Forever Active - (Kerri) 9 - 9:30 am	Virtual: BODYFLOW 9 - 9:45 am	Les Mills On Demand 8:45 am - 2 pm	
	Virtual: Beginner BODYPUMP 10 - 10:30 am	Virtual: CORE 9:45 - 10:30 am	Virtual: Beginner BODYPUMP 10 - 10:30 am	Virtual: CORE 9:45 - 10:30 am	Virtual: GRIT Strength 10 - 10:30 am		
	Virtual: BODYPUMP 10:45 - 11:15 am	Virtual: Beginner BODYFLOW 10:45 - 11:15 am	Virtual: BODYPUMP 10:45 - 11:30 am	Virtual: Beginner BODYFLOW 10:45 - 11:15 am	Virtual: Beginner CORE 10:45 - 11:15 am		
	Les Mills On Demand 11:15 am - 3:45 pm	BODYFLOW - (Lynn) 11:30 am - 12:30 pm	Les Mills On Demand 11:30 am - 3:45 pm	BODYFLOW - (Lynn) 11:30 am - 12:30 pm	Virtual: CORE 11:30 am - 12 pm		
		Les Mills On Demand 12:30 - 3 pm		Les Mills On Demand 12 - 3:15 pm			
	Virtual: Beginner BODYPUMP 3:15 - 3:45 pm		Virtual: Beginner BODYPUMP 3:15 - 3:45 pm	Virtual: Beginner RPM 3:30 - 4 pm			
Les Mills On Demand 2 - 11:59 pm	Tabata - (Jamie) 4 - 4:30 pm	Virtual: BODYPUMP 4 - 4:30 pm	Cardio/Strength - (Kerri) 4 - 4:45 pm	Virtual: BODYPUMP 4 - 4:45 pm	Virtual: Beginner GRIT Strength 4:15 - 4:45 pm	Les Mills On Demand 2 - 11:59 pm	
				Virtual: Beginner GRIT Cardio 5 - 5:30 pm	Virtual: Beginner GRIT Cardio 5 - 5:30 pm		
	Virtual: Beginner BODYFLOW 5:15 - 5:45 pm	Virtual: Beginner RPM 5:15 - 5:45 pm	Cardio/Strength - (Kerri) 5:30 - 6 pm	Step Aerobics - (Colleen) 5:45 - 6:30 pm	Virtual: Beginner BODYPUMP 5:45 - 6:15 pm		
	Yoga - (Travis) 6 - 6:45 pm	Spin - (Mary Lou) 6 - 6:45 pm	Les Mills On Demand 6 - 11:59 pm	Les Mills On Demand 6:30 - 11:59 pm	Virtual: Beginner CORE 6:30 - 7:00 pm		
	Les Mills On Demand 6:45 - 11:59 pm	Les Mills On Demand 6:45 - 11:59 pm			Virtual: Beginner BODYFLOW 7:15 - 7:45 pm Les Mills On Demand 7:45 - 11:59 pm		

All classes are free with membership! 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.

Class Descriptions

LIVE CLASSES:

*Active Older Adults:	A stability class to maintain, improve balance and strength for daily activities, and to prevent falls.
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.
BodyFlow:	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.
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.
Step Aerobics:	A form of aerobic exercise that involves stepping on and off a small platform. Exercise routines include weights held in the hands for upper body development. Music with a medium (not fast) tempo often accompanies the routine, and learning a choreography sequence can hold the participants' interest. The moves target your legs, upper body, and core, building strength and flexibility. They also improve your balance, coordination, and agility.
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.
TRX Fusion:	A TRX focused class also using other equipment to round off every muscle both main moving and stability muscles for a complete body workout.
*Trail Walk:	A walk on the WWH Community Trail system. Speed of walk and exercise stations will be adjusted to difficulty depending on class participants. Bootcamp style class will be held inside if weather does not cooperate.
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.

* classes not currently offered, but we are open to suggestions if you'd like it to come back or have another idea for class.

VIRTUAL CLASSES:

BodyFlow:	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 15- (Express), 30-, 45-, or 60- minute workouts and as "Beginner", "Flexibility", "Strength", "Yoga", and a regular class.
BodyPump:	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 15-, 30-, 45-, or 60-minute workouts and as "Beginner", "Arms", "Lower", "Upper", and a regular class.
Core:	15-, 30-, or 45-minute core training workout that delivers quick results for all fitness levels and are available in "Beginner", "Ab Blast", and a regular class.
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. There is a "Beginner" class that is available.
RPM:	30- or 50-minute indoor cycling class set to motivating music. Burn calories, get fit and feel euphoric. There is a "Beginner" class that is available.
On Demand:	Play any of the Virtual Classes above, during time slots, in any combination of time and workout style. (Directions for equipment needs and how to play are in studio, or ask a trainer)