



Group Exercise Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am RIPPED (45 min)	5:15am STEP/ CORE (45 min)	5:15am RIPPED (45 min)	5:15am STEP/ CORE (45 min)	5:45am SPIN (60 min)	
	8:30am PILATES (60 min)	8:45am SILVER SNEAKERS CLASSIC (45 min)	8:30am PILATES (60 min)	8:45am SILVER SNEAKERS CLASSIC (45 min)	
	10:00am STRENGTH 101 (45 min)		10:00am STRENGTH 101 (45 min)		
NOON MINI BOOTCAMP (30 min)		NOON MINI BOOTCAMP (30 min)		NOON MINI BOOTCAMP (30 min)	
		12:45pm YOGA HIRSCH CLINIC (15 min)			
4:00pm TRX SUSPENSION (55 min)	4:00pm SPIN/ CORE (55 min)	4:00pm TRX SUSPENSION (55 min)	4:00pm SPIN/ CORE (55 min)		
5:00pm TOTAL BODY (55 min)		5:00pm TOTAL BODY (55 min)			
5:15pm POWER YOGA (60 min)	6:00pm TAE KWON DO FAMILY (60 min)	5:15pm POWER YOGA (60 min)	6:00pm TAE KWON DO (60 min)		
6:30pm CYCLING FUSION (60 min)	6:00pm JUMP START (60 min)	6:30pm CYCLING FUSION (60 min)			
			6:00pm HATHA YOGA (60 min)		

REGIONAL CLASSES

TUE: 3:15pm YOGA BASICS
**At Westby Elementary

THUR: 3:15pm YOGA BASICS
**At Westby Coon Prairie Church

**TUE/THUR: 5:30pm
CARDIO COMBO**
**Coulee Cap Bldg. Main St. Westby



Water Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30am AQUA-CISE (60 min)	11:30am JOINTS IN MOTION (60 min)	11:30am AQUA-CISE (60 min)	11:30am JOINTS IN MOTION (60 min)	11:30am AQUA- CIRCUIT (60 min)	
5:30pm AQUA-FIT (60 min)		5:30pm AQUA-FIT (60 min)	5:00pm PARENT-TOT (45min)		
			5:45pm PARENT-TOT (45min)		

	Meets 1x/week	Meets 2x/week	Meets 3x/week	DROP IN FEE \$5.00 EACH
MEMBERS:	\$15	\$30	\$45	
NON-MEMBERS:	\$24	\$48	\$54	(exceptions to pricing: Tae Kwon Do & Yoga)

- Group Exercise Classes are taught in 6 week sessions.
- Your sessions will not carry over to the next 6 week session.

PERSONAL *Training Sessions*

CALL TODAY for an appointment with a Certified Personal Trainer.

Trainers

Josh Brown, BA, NSCA-CPT, CF-L1
Sam Franke, MS, NSCA-CSCS
Heidi Kuennen, BS, NSCA-CSCS
Jill Bailey, BA, NETA-CPT
Jen Bjorklund, BA, NETA-CPT

Pricing

1 Session = \$25.00
10 Sessions = \$200.00
15 Sessions = \$262.50
20 Sessions = \$300.00