

Aspirus Medford Therapy & Fitness

WINTER 2024 CLASS SCHEDULE AND PRICING LIST eff. January 1st

<p>MONDAY:</p> <p>5:10 AM – <u>TABATA</u> with <i>Krista</i></p> <p><u>ADV.SENIOR BALANCE</u> w/ <i>Candy</i> 9:00 AM - 9:30 AM</p> <p><u>SENIOR BALANCE</u> w/ <i>Candy</i> 10:15 AM - 10:45 AM</p> <p>TUESDAY:</p> <p><u>PHASE III CARDIAC REHAB:</u> 8:00 AM – 11:00 AM</p> <p><u>SENIOR BALANCE:</u> w/ <i>Candy</i> 11:00 AM - 11:30AM</p> <p><u>GROUP CIRCUIT</u> NEW 12:15 - 1:00 PM w/ <i>Krista</i></p> <p>WEDNESDAY:</p> <p>5:10 AM – <u>STRENGTH & COND.</u> 1st & 3rd weeks / <u>LOW IMPACT STRENGTH/ CORE & MOBILITY</u> 2nd & 4th weeks of the month w/ <i>Krista</i></p> <p><u>ADV.SENIOR BALANCE</u> w/ <i>Candy</i> 9:00 AM-9:30 AM</p> <p><u>SENIOR BALANCE</u> w/ <i>Candy</i> 10:15AM -10:45AM</p>	<p>THURSDAY:</p> <p><u>PHASE III CARDIAC REHAB:</u> 8 AM – 11:00 AM</p> <p><u>SENIOR BALANCE</u> w/ <i>Candy</i> 11:00 - 11:30 AM</p> <p><u>GROUP CIRCUIT</u> NEW 12:15 - 1:00 PM w/ <i>Krista</i></p> <p>FRIDAY:</p> <p>5:10 AM – <u>LOW IMPACT STRENGTH/CORE & MOBILITY</u> 1st & 3rd weeks <u>WEIGHTED BAR CLASS</u> 2nd & 4th weeks of the month w/ <i>Krista</i></p> <p><u>ADV.SENIOR BALANCE</u> w/ <i>Candy</i> 9:00 AM-9:30 AM</p> <p>SATURDAY: (1st & 3rd Sat.)</p> <p>6:30 AM—<u>SUPERSET SATURDAY</u></p> <p>** <u>Watch White Board and Calendar for updates and changes to all classes!!</u></p> <p>Please contact the fitness center staff for virtual class information.</p> 	<p>Monthly Pricing:</p> <p>Single - \$29.00 Family (2 members) - \$43.00 Family (3+ members) - \$53.00 Student/Senior/Military - \$23.00 Senior/Military Couple - \$32.00 Military Family - \$43.00 Aspirus Employee - \$20.00 Aspirus Couple - \$31.00 Aspirus Family - \$43.00</p> <p><u>\$10.00 Activation Fee at the time of sign-up</u></p> <p>Payment Options:</p> <p>Aspirus Employees Payroll Deduction EFT Credit Card on File</p> <p>Center Hours:</p> <p>Monday – Friday: 5 AM – 9 PM</p> <p>Saturday & Sunday: 7 AM – 2 PM</p> <p>For more information Please call:</p> <p><u>Aspirus Medford Therapy & Fitness</u> 715-748-8112 103 S Gibson Street, Medford WI 54451</p>
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