

# August 2018



# GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes	30 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	31 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	1 8-8:50am Fit Mix (Stacy)	2 6-6:50am Power Hour 9-9:50am Cardio Drum (Laura) 12:15-12:45pm TRX Quick Fit (Hope) 5:40-6:30pm Cardio Drum (Laura) 6:40-7:30pm Bands/Bosu	3 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Stacy)	4 9-9:50am Cardio Drumming (Laura) LL Farmers Market- Cardio Drumming Demo 10:15am
No Classes	5 9-9:50am Pure Strength (Hope)	6 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	7 8-8:50am Fit Mix (Stacy)	8 9-9:50am Cardio Drum 12:15-12:45pm TRX Quick Fit 5:40-6:30pm Cardio Drum 6:40-7:30pm - Dance (Laura)	9 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	10 9-9:50am Cardio Drumming (Laura)
No Classes	12 8-8:50am Fit Mix (Hope) 9-9:50am Pure Strength (Hope)	13 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	14 8-8:50am Fit Mix (Stacy)	15 6-6:50am Power Hour 9-9:50am Cardio Drum 12:15-12:45pm TRX Quick Fit (Hope) 5:40-6:30pm Cardio Drum 6:40-7:30pm Kamagon Balls (Laura)	16 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	17 9-9:50am Cardio Drumming (Laura) Calumet Pasty Fest- Cardio Drumming Demo 3:00pm
No Classes	19 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	20 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	21 8-8:50am Fit Mix (Stacy)	22 6-6:50am Power Hour 9-9:50am Cardio Drum 12:15-12:45pm TRX Quick Fit 5:40-6:30pm Cardio Drumming (Laura) 6:40-7:30pm Core Yoga	23 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	24 9-9:50am Cardio Drumming (Laura)
No Classes	26 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	27 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	28 8-8:50am Fit Mix (Stacy)	29 6-6:50am Power Hour 9-9:50am Cardio Drum 12:15-12:45pm TRX Quick Fit 5:40-6:30pm Cardio Drum	30 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	31 9-9:50am Cardio Drumming (Laura)

*\*Must be signed up for early morning classes by 8pm the night before.  
Please sign up at the Aspirus Keweenaw Outpatient Therapies & Fitness Center or call 337-7000 at least 1 hour before class time.*