

January 2019

Aspirus Fitness
25680 LPM Drive Calumet, MI 49913



GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  FITNESS CLOSED	2 9-9:50am Women with Weights (Stacy & Hope)	3 5-5:30pm Circuit Quick Fit (Hope)	4 6:15-7am Morning Mix 9-9:50am Pure Strength (Hope)	5 No Classes
6 No Classes	7 9-9:50am Pure Strength (Hope) 10-10:50am Fit Mix (Stacy)	8 6:15-7:15am- Yoga (Noelle) 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm- TRX Quick Fit (Hope)	9 9-9:50am Women with Weights (Stacy & Hope)	10 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm Circuit Quick Fit (Hope) 5:40-6:30pm Cardio D (Laura) 6:40-7:30pm – Cardio Boxing (Laura)	11 6:15-7am Morning Mix 9-9:50am Pure Strength (Hope)	12 9-9:50am Cardio Drumming (Laura) 10-10:50am Cardio Boxing (Laura)
13 No Classes	14 9-9:50am Pure Strength (Hope) 10-10:50am Fit Mix (Stacy)	15 6:15-7:15am- Yoga (Noelle) 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm- TRX Quick Fit (Hope)	16 9-9:50am Women with Weights (Stacy & Hope)	17 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm Circuit Quick Fit (Hope) 5:40-6:30pm Cardio D (Laura) 6:40-7:30pm – Cardio Boxing (Laura)	18 6:15-7am Morning Mix 9-9:50am Pure Strength (Hope)	19 9-9:50am Cardio Drumming (Laura) 10-10:50am Cardio Boxing (Laura)
20 No Classes	21 9-9:50am Pure Strength (Hope) 10-10:50am Fit Mix (Stacy)	22 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm- TRX Quick Fit (Hope)	23 9-9:50am Women with Weights (Stacy & Hope)	24 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm Circuit Quick Fit (Hope) 5:40-6:30pm Cardio D (Laura) 6:40-7:30pm – Cardio Boxing (Laura)	25 6:15-7am Morning Mix 9-9:50am Pure Strength (Hope)	26 9-9:50am Cardio Drumming (Laura) 10-10:50am Cardio Boxing (Laura)
27 No Classes	28 9-9:50am Pure Strength (Hope) 10-10:50am Fit Mix (Stacy)	29 6:15-7:15am Yoga (Noelle) 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm- TRX Quick Fit (Hope)	30 9-9:50am Women with Weights (Stacy & Hope)	31 9-9:50am Cardio Drumming (Laura) 10-10:50am Stretch & Tone (Laura) 5-5:30pm Circuit Quick Fit (Hope) 5:40-6:30pm Cardio D (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.