

June 2018



# GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	2 No Classes
3 No Classes	4 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	5 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	6 8-8:50am Fit Mix (Stacy)	7 6-6:50am Power Hour 9-9:50am Cardio Drum 12:15-12:45pm TRX Quick Fit 5:40-6:30pm Cardio Drum 6:40-7:30pm Line Dance	8 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	9 9-9:50am Cardio Drumming (Laura) 10-10:50am Core Yoga- Gentle (Laura)
10 No Classes	11 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	12 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	13 8-8:50am Fit Mix (Stacy)	14 6-6:50am Power Hour (Stacy) 12:15-12:45pm TRX Quick Fit (Hope)	15 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	16 No Classes
17 No Classes	18 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	19 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	20 8-8:50am Fit Mix (Stacy)	21 6-6:50am Power Hour 9-9:50am Cardio Drum 12:15-12:45pm TRX Quick Fit 5:40-6:30pm C Drum 6:40-7:30pm Line Dance	22 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	23 9-9:50am Cardio Drumming (Laura) 10-10:50am Line Dance (Laura)
24 No Classes	25 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	26 6-6:50am Power Hour (Stacy) 9-9:50am Cardio Drumming (Laura) 12:15-12:45pm TRX Quick Fit (Hope)	27 8-8:50am Fit Mix (Stacy)	28 6-6:50am Power Hour 9-9:50am Cardio Drum 12:15-12:45pm TRX Quick Fit 5:40-6:30pm Cardio Drum 6:40-7:30pm Core Yoga	29 8-8:50am Fit Mix (Stacy) 9-9:50am Pure Strength (Hope)	30 9-9:50am Cardio Drumming (Laura) 10-10:50am Core Yoga- Gentle (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.*