

March 2019

Aspirus Fitness
25680 Cooper King Way Calumet, MI



GROUP FITNESS SCHEDULE

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

**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.