




GROUP FITNESS SCHEDULE

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