

Aspirus Medford Therapy & Fitness

FALL 2023 CLASS SCHEDULE AND PRICING LIST eff. October 1st

MONDAY:

5:10 AM – TABATA with *Krista*

ADV.SENIOR BALANCE w/ *Candy*

9:00 AM - 9:30 AM

SENIOR BALANCE w/ *Candy*

10:15 AM - 10:45 AM

TUESDAY:

PHASE III CARDIAC REHAB:

8:00 AM – 11:00 AM

SENIOR BALANCE: w/ *Candy*

11:00 AM - 11:30AM

WEDNESDAY:

5:10 AM – STRENGTH & COND. 1st &

3rd weeks / LOW IMPACT STRENGTH/

CORE & MOBILITY 2nd & 4th weeks of the

month w/ *Krista* **NEW**

ADV.SENIOR BALANCE w/ *Candy*

9:00 AM-9:30 AM

SENIOR BALANCE w/ *Candy*

10:15AM -10:45AM

THURSDAY:

PHASE III CARDIAC REHAB:

8 AM – 11:00 AM

SENIOR BALANCE w/ *Candy*

11:00 - 11:30 AM

FRIDAY:

5:10 AM – LOW IMPACT

STRENGTH/CORE & MOBILITY 1st

& 3rd weeks WEIGHTED BAR CLASS

2nd & 4th weeks of the month w/ *Krista* **NEW**

ADV.SENIOR BALANCE w/ *Candy*

9:00 AM-9:30 AM (**starts: Oct. 20th**)

SATURDAY: (1st & 3rd Sat.)

6:30 AM—SUPERSET SATURDAY

**** Watch White Board and Calendar for updates and changes to all classes!!**

***All early a.m. classes are live in classroom and virtual.**

Please contact the fitness center staff for virtual information.



Monthly Pricing:

Single - \$29.00

Family (2 members) - \$43.00

Family (3+ members) - \$53.00

Student/Senior/Military - \$23.00

Senior/Military Couple - \$32.00

Military Family - \$43.00

Aspirus Employee - \$20.00

Aspirus Couple - \$31.00

Aspirus Family - \$43.00

\$10.00 Activation Fee at the time of sign-up

Payment Options:

Aspirus Employees Payroll Deduction
EFT

Credit Card on File

Center Hours:

Monday – Friday:

5 AM – 9 PM

Saturday & Sunday:

7 AM – 2 PM

For more information Please call:

Aspirus Medford Therapy & Fitness

715-748-8112

103 S Gibson Street, Medford WI 54451