

GROUP EXERCISE SCHEDULE SUMMER 2022



Monday	Tuesday	Wednesday	Thursday	Friday
Power Cycle <i>Kordi</i> 11:30-12:15	Total Body Blitz <i>Marie</i> 11:30-12:15	New class format! Yoga <i>Trudy</i> 11:30-12:15 Please bring a Yoga mat	Well Built <i>Kordi</i> 11:30-12:15	
Well Built Express <i>Sonya</i> 12:30-1:00	Core & Stretch Express <i>Marie</i> 12:20-12:50 New class format!	*Outdoor Bootcamp <i>Kevin</i> 12:20-1:00 New class!		

*Begins July 4, 2022

*Class instructor may vary due to injury/illness

*Bootcamp class held at Eau Claire Tower Green Space; on the west side of 5th street between ECT and CP

Class sign-up occurs 15 minutes prior to class start time at main fitness desk.

This is a dynamic schedule and will change with member needs.

Classes may not run with 3 or less participants.