



# Group Fitness Schedule

**ALL GROUP FITNESS INCLUDED!!**

Showers\* Locker Rooms\* Pro Shop\*  
Tanning\* Personal Training\* Nutrition

**Pool & Hot Tub access:** 29 Pines/Sleep inn & suites  
AMERICINN (Eau Claire, Chippewa)

*Eau Claire*  
405 Graham Ave.  
715 514 3110

*Chippewa Falls*  
312 Bridge St.  
715 723 3800

<b>Time</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
<b>8:00 am</b>						<b>Spinning Lori</b>
<b>8:15 am</b>		<b>Cardio Pump Ann</b>		<b>Circuit  JoAl</b>		
<b>9:45 am</b>						<b>Yoga Tonya</b>
<b>3:30 pm</b>	<b>Step up &amp; Shine Sue</b>					
<b>4:15 pm</b>	<b>Body Toning Sue</b>					
<b>5:30 pm</b>	<b>Spin  Steve</b>	<b>Yoga  Tonya</b>	<b>Bike Butts N Guts Lori</b>	<b>Yoga  Tonya</b>		
<b>6:30 pm</b>	<b>Yoga  Tonya</b>					
<b>6:45 PM</b>		<b>Circuit &amp; Strength Garrett</b>		<b>Circuit &amp; Strength Garrett</b>		