



Group Fitness Schedule

FREE 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)

FITNESS

Open 24/7-365

Eau Claire
405 Graham Ave.
715 514 3110

Chippewa Falls
312 Bridge St.
715 723 3800

Time	Mon	Tue	Wed	Thur	Fri	Sat
8:00 am						Spinning Lori
8:15 am		Cardio Pump Ann		Circuit JoAl		
9:45 am						Yoga Tonya
4:00 pm				Cardio Dance Blast CJ		
5:30 pm	Spin Steve	Yoga Tonya	Bike Butts N Guts Lori	Yoga Tonya		
6:30 pm	Yoga Tonya		Cardio Dance Blast CJ			
6:45 PM		Circuit & Strength Member Run class		Circuit & Strength Member Run class		