



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						Outdoor Fitness Lori *
8:15 am		Cardio Pump Ann		Circuit JoAl		
9:00 am						Yoga Sculpt Tonya
9:45 am						Yoga Tonya
10:00 am		Beginner/ Senior Yoga Tonya				
5:30 pm		Yoga Tonya	Bike Butts N Guts Lori	Yoga Tonya		
6:30 pm	Yoga Tonya					

* Saturday Outdoor class is held at Irvine Park. 3D Fitness is alternate rain location.