



## Fitness Options for 2019

Classes are taught with individual abilities in mind to help you get started or challenge your current fitness level.

Call 715-358-0610



**Marshfield Clinic®**  
Woodruff Center

### Gym Classes

#### **Morning Movement Mania**

Tuesday & Thursday 6:30 a.m. – 7:30 a.m.  
*(Innovative workout, variety core, total body)*

#### **Total Body Workout**

Thursday 5:15 p.m. & 6:15 p.m.  
*(Strength, cardio, improves balance; maximize calorie burn, stretching, work toward a fit, toned, lean body)*

#### **Morning Yoga**

Mon. Tue. Wed. & Fri. 8:15 a.m. – 9:15 a.m.  
*(Tuesday gentle yoga)*

Watch the schedule in gym for Friday instructor.

No class on Thursday

#### **Gentle Yoga: Beginners and Beyond**

Tuesday 5:15 p.m. - 6:15 p.m.  
October 1, 2019 through April 28, 2020  
*(Foundational yoga postures for the beginner or to enhance your current practice. Increase awareness of breath and body alignment and provide a sense of restoration)*

No class October 29, December 24, December 31, January 21 and April 7

### Aquatics - Pool Classes

#### **Water Blitz**

Tuesday 5:15 – 6:15 p.m.  
October 22, 2019 through March 31, 2020  
*(Low impact, total body workout to improve endurance, strength and flexibility. Modifiable to individual needs.)*  
No class November 26, December 24, December 31 and January 28

### Independent Pool Use

Monday-Friday: 8:00-9:30 a.m.

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**NO CLASSES/POOL USE IF LAKELAND SCHOOLS  
ARE CLOSED FOR SNOW DAY (INCLUDES  
MORNING AND EVENING)**

**POOL IS CLOSED IF THERE ARE  
STORMS/LIGHTNING**

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#### **FEES:**

**\$10 per class or 12 classes for \$80 for all classes and pool use**

09/2019