Swim Reedsburg

Teaching the World to swim one stroke at a time

608-524-4555
E6881 N Dewey Ave
Reedsburg, WI 53959

Schedule is subject to change at any time

Updated Sept 1, 2011

Group Fitness Class Schedule - LAND

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 AM **Fitness Room Opens**	**5:45 AM** **Fitness Room Opens**	**5:45 AM** **Fitness Room Opens**	**5:45 AM** **Fitness Room Opens**	**5:45 AM** **Fitness Room Opens**	
		6:45 AM **The Burn** Bonnie Gross 30 min.		**6:45 AM** **The Burn** Bonnie Gross 30 min.		
	8:30 AM **Wake Up w/Kate** Kate Gross 45 min.		**9:00 AM** **Gentle Yoga** Jocelyn Miller 60 min.			
	12:15PM **No Sweat @ Noon** Kate Gross 30 min.					
4:00 PM **Fitness Room Opens**		**4:30 PM** **Ultimate Fitness** Amber Hoefs 45 min.	**4:15 PM** **Insane Cardio** Kate Gross 45 min.	**4:30 PM** **Ultimate Fitness** Amber Hoefs 45 min.		
5:30 PM **Zumba** Lillian Markind 60 min.	**5:15 PM** **Variety Show** Megan Rasmusser 30 min.	**5:30 PM** **ETC Fitness** Jenny Hynek 45 min.	**5:00 PM** **Abs, Abs, Abs** Kate Gross 15 min.	**5:30 PM** **ETC Fitness** Kate Gross 45 min.		
	6:00 PM **Yoga** Megan Rasmussen 45 min.		**5:30 PM** **Belly Dancing** Olivia Rothwell 45 min.	**6:00 PM** **Abs, Abs, Abs** Kate Gross 15 min.		
					7:30 PM **Fitness Room Closes**	
8:00 PM **Fitness Room Closes**	**8:00 PM** **Fitness Room Closes**	**8:00 PM** **Fitness Room Closes**	**8:00 PM** **Fitness Room Closes**	**8:00 PM** **Fitness Room Closes**		