



715.235.6106

bodyworksmenomonie.com

October-December

AM	Monday	Tuesday	Wed.	Thursday	Friday
5:15	Strength	Abs - (5:00) Cycling - (5:15) Abs - (6:00)		Abs - (5:00) Cycling - (5:15) Abs - (6:00)	
8:00	Silver Sneakers		Silver Sneakers		Silver Sneakers
10:30	Pilates	Young @ Heart	Zumba Toning	Young @ Heart	Zumba Toning
Evening					
4:30	BLAST	Yoga	Spin & Total Body Sculpt	Strength Circuit	Saturday
<p style="text-align: center;">More Classes Available:</p> <p>TEAM Training is a fitness program geared towards weight loss, improved strength, toning, & flexibility to create a body that can move pain free! Under the guidance of a personal trainer, individuals are trained to their ability level to prevent injury and challenge the individual to better results without the cost of a 1 on1 session!</p> <p>Sessions are scheduled all throughout the day! Please see the front desk for more information!</p>					<p style="text-align: center;">TEAM (9:15AM) *free class*</p>
					<p>Membership & punch cards are available!</p>

REMINDER

If class attendance drops below an average of 5 they will be removed from the schedule.