



715.235.6106

[bodyworksmenomonie.com](http://bodyworksmenomonie.com)

# Oct 12th - Nov 23rd

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
<b>Evening</b>					
4:30	BLAST	Zumba	BLAST Circuit	TEAM (4:45pm)	<b>Saturday</b>
5:30			Yoga		Strength Circuit 9:15AM

**More Classes Available:**

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!

Sessions are scheduled all throughout the day! Please see the front desk for more information!



Membership & punch cards are available!

**\*REMINDER\***

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