



# Class Schedule for November 2017

Pre-registration is required. Call 218.485.5557 to sign up for classes.

See back for class pricing information. Class Schedules are subject to change monthly.

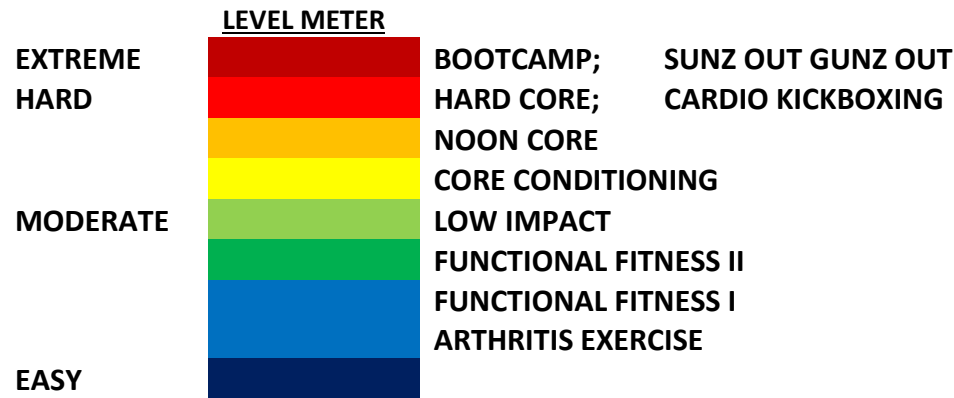
MON	TUES	WED	THUR	FRI
	Hard Core 6:00 - 6:45am		Hard Core 6:00 - 6:45am	Hard Core 6:00 - 6:45am
Free Machine Orientation 10:00 - 10:45am	Functional Fitness II 10:30 - 11:15am		ARTHRITIS EXERCISE 9:00-10:00 am	Core Conditioning 9:00 - 9:45am
	Noon Core 12 - 12:30pm		Functional Fitness II 10:30 - 11:15am	
Functional Fitness I 2:00 - 2:30pm		Functional Fitness I 2:00 - 2:30pm	Noon Core 12 - 12:30pm	
Core Conditioning 3:00 - 3:45pm		Core Conditioning 3:00 - 3:45pm		
Cardio Kickboxing 4:30 - 5:15pm		Cardio Kickboxing 4:30 - 5:15pm		
Boot Camp 6:00 - 6:45pm		Boot Camp 6:00 - 6:45pm	<b><u>NO CLASS 11/23</u></b>	<b><u>NO CLASS 11/24</u></b>

**Cancellation Policy: Participants wishing to cancel a session must cancel at *least 2 hours* prior to session or they will be charged. There is a free machine orientation for new members on Monday at 10 am - Pre-registration is required!**



<b>Cost per 45 min. session:</b>	<b>\$4</b> (member); <b>\$6</b> (non-members)
<b>Cost per package of 10 sessions:</b>	<b>\$35</b> (member); <b>\$55</b> (non-members)
<b>Cost for Noon Core:</b>	<b>\$3</b> (both members and non-members)
<b>Cost for Functional Fitness I:</b>	<b>\$3</b> (both members and non-members)

\*The Arthritis class is offered free of charge to both members and non-members!



**Wellness Center Hours:** 24 hours, 7 days a week

**Staffed Hours:**

- Monday: 9:30 am – 6:00 pm
- Tuesday: 8:30 am – 5:00 pm
- Wednesday: 9:30 am- 6:00 pm
- Thursday: 8:30 am – 5:00 pm
- Friday: 5:15 am – 1:45 pm
- Saturday: 12:00 noon – 4:00 pm
- Sunday: 12:00 noon – 4:00 pm

Visit [www.mercywooselake.org](http://www.mercywooselake.org) for class descriptions, schedules, and pricing.