



Class Schedule for September 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	COFFEE SOCIAL 9/19, 1:00PM	Cardio Kickboxing 4:30 - 5:15pm		
Boot Camp 6:00 - 6:45pm		Boot Camp 6:00 - 6:45pm		

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!



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

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

LEVEL METER		
EXTREME HARD		BOOTCAMP; SUNZ OUT GUNZ OUT
		HARD CORE; CARDIO KICKBOXING
MODERATE		NOON CORE
		CORE CONDITIONING
		LOW IMPACT
		FUNCTIONAL FITNESS II
EASY		FUNCTIONAL FITNESS I
		ARTHRITIS EXERCISE

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 for class descriptions, schedules, and pricing.