




Class Schedule for February 2018

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.

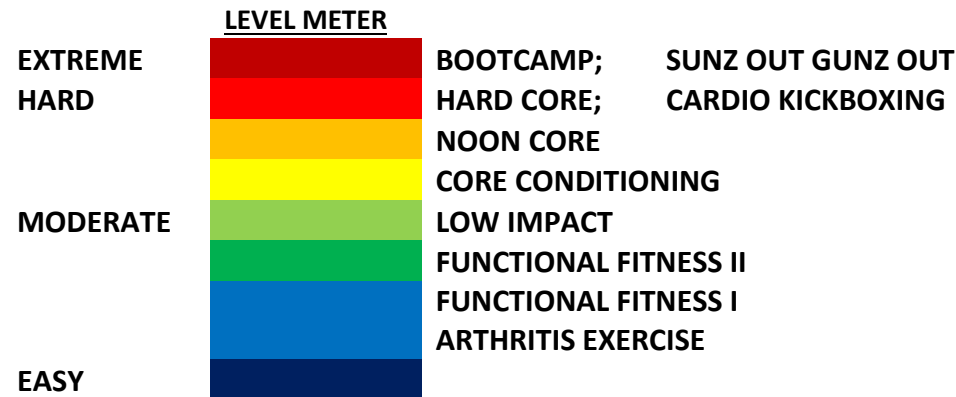
MON	TUES	WED	THUR	FRI
 Free Machine Orientation 10:00 - 10:45am	Hard Core 6:00 - 6:45am		Hard Core 6:00 - 6:45am	Hard Core 6:00 - 6:45am
	Functional Fitness II 10:30 - 11:15am		ARTHRITIS EXERCISE 9:00-10:00 am	Core Conditioning 9:00 - 9:45am
	Noon Core 12 - 12:30pm		Noon Core 12 - 12:30pm	<u>NO CLASS 2/2</u>
Functional Fitness I 2:00 - 2:30pm		Functional Fitness I 2:00 - 2:30pm		
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		

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!



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.mercymooselake.org for class descriptions, schedules, and pricing.