



Class Schedule for January 2019

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

MON	TUES	WED	THUR	FRI
	Morning Body Blast 6:00 - 6:45am		Morning Body Blast 6:00 - 6:45am	Morning Body Blast 6:00 - 6:45am
			ARTHRTIS EXERCISE 9:00-10:00 am	Core N' More 9:00 - 9:45am
Free Machine Orientation 10:30 – 11:15am	Functional Fitness II 10:30 - 11:15am		Functional Fitness II 10:30 - 11:15am	
	Noon Core 12 - 12:30pm		Noon Core 12 - 12:30pm	
Functional Fitness I 2:00 - 2:30pm	No Classes January 1st		Functional Fitness I 2:00 - 2:30pm	
Core N' More 3:00 - 3:45pm			Core N' More 3:00 - 3:45pm	
Cardio Kickboxing 4:30 – 5:15pm			Cardio Kickboxing 4:30 – 5:15pm	

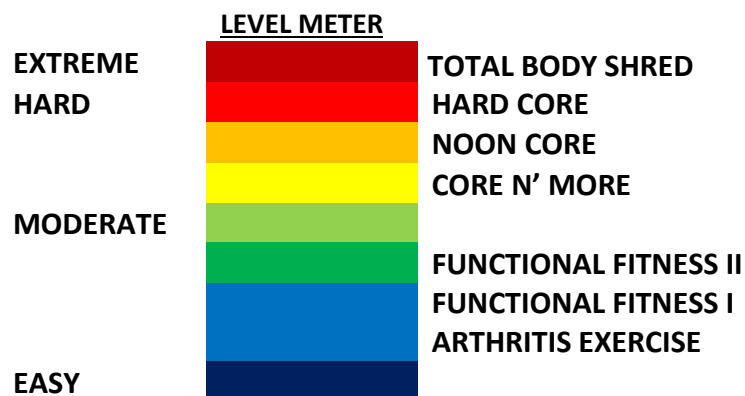
See back for class pricing information. Class Schedules are subject to change monthly.

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 10:30am – 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 pm
- Tuesday: 8:30 am – 5 pm
- Wednesday: 9:30 am – 6 pm
- Thursday: 8:30 am – 5 pm
- Friday: 5:15 am – 1:45 pm
- Saturday: 12 noon – 4 pm
- Sunday: 12 noon – 4 pm

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