

Fitness Center Hours (open 24/7)

Staffed Hours:

Monday - Thursday	5 a.m. - 9 p.m.
Friday	5 a.m. - 8 p.m.
Saturday	7 a.m. - 3 p.m.

All classes subject to change or cancellation due to low attendance. Hours, membership rates and fees are subject to change. For most current information visit **MyWRF.org**.

For last minute changes in our class schedule, use **Teamup** Calendar on your iPhone or Android phone & use code: **ksaw6aqk76uigaytmm**

Services

Shower Towel Fee	\$2 ea. (\$5/mo)
General Classes	Free
Free child care	(while you work out)

*Service fees may vary for non-members

Wild Kids Hours

Mornings

Monday - Friday	8:15 - 11:45 a.m.
Saturday	7:45 - 10:30 a.m.

Evenings

Monday - Thursday	3:45 - 7:30 p.m.
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WRF provides free child care for your children and grandchildren for up to 2 hours per day while you work out.

2 weeks FREE,
give us a try!

Wild River
FITNESS



You must be a new member and at least 18 years old to redeem. A photo I.D. will be required.

Welcome to Wild River Fitness

Welcome to the non-profit Wild River Fitness where we partner with Osceola Medical Center to improve the health of our community with a caring staff driven by shared values.

Through our programs and partnerships, we offer many benefits and services for children, teens, adults, families and seniors. We provide fitness equipment, fitness classes, programs, and health seminars to help accomplish our mission of **"Fitness for every body."**

As a non-profit organization, all proceeds are reinvested into the fitness center to improving its facility, equipment and programs.

2018 FRIENDS OF WRF

Thank you to those who generously supported the development of youth programming through the 2018 Friends of Wild River Fitness Campaign with a donation of \$1,200 or greater.

Dresser Trap Rock Inc.
1000 East Avenue, Dresser, Wisconsin 54009 715/483-3216

MidWestOne Bank

FreshStart



- J & S General Contracting
- SF Insurance Group
- The RiverGroup Financial Advisors
- True Health Naturopathic Medicine
- Falls Orthodontics
- ResourceMFG
- Twin Cities Orthopedics

Wild River
FITNESS

2630 65th Ave., P.O. Box 309, Osceola, WI 54020
715-294-2164 | MyWRF.org



Wild River Fitness has been a partner with Osceola Medical Center since 2009

Class Schedule

December 30 - June 1, 2019



Wild River
FITNESS

MyWRF.org | 715-294-2164



Weekday Group Classes

Time	Mondays		Tuesdays		Wednesdays		Thursdays		Fridays	
	MidWestOne Bank Group Ex Rm	Fresh Start Group Ex Rm	MidWestOne Bank Group Ex Rm	Fresh Start Group Ex Rm	MidWestOne Bank Group Ex Rm	Fresh Start Group Ex Rm	MidWestOne Bank Group Ex Rm	Fresh Start Group Ex Rm	MidWestOne Bank Group Ex Rm	Fresh Start Group Ex Rm
5 a.m.										
6 a.m.	*Boot Camp 5:45 - 6:30 Mike		*Group Cycling 5:45 - 6:30 Mike		*Boot Camp 5:45 - 6:30 Mike		*Group Cycling 5:45 - 6:30 Mike		*Boot Camp 5:45 - 6:30 Todd	
7 a.m.										
8 a.m.										
9 a.m.	POUND 8:45 - 9:30 Alicia	Les Mills Tone 8:30 - 9:25 Catherine	Group Cycling 8:30 - 9:15 Mike	Somatic Yoga 8:30 - 9:25 Bonnie	Step Interval Training 8:45 - 9:30 Kayla	Les Mills Tone 8:30 - 9:25 Catherine	Group Cycling 8:30 - 9:15 Mike	Somatic Yoga 8:30 - 9:25 Bonnie	PiYO 8:30 - 9:30 Linda	Les Mills Tone 8:30 - 9:25 Catherine
10 a.m.	Cardio/Strength Craze 9:45-10:30 Kayla	SilverSneakers Classic 9:40 - 10:25	BodyPump 9:30 - 10:25 Anne	SilverSneakers Circuit 9:40 - 10:25	Cardio/Strength Craze 9:45-10:30 Kayla	SilverSneakers Stability 9:40 - 10:25	BodyPump 9:30 - 10:25 Anne	SilverSneakers Circuit 9:40 - 10:25	Intensity 9:30 - 10:00 Linda	SilverSneakers Classic 9:40 - 10:25
11 a.m.	Zumba 10:45-11:30 Alicia	SilverSneakers Yoga 10:35 - 11:20 Catherine	BodyFlow 10:40 - 11:35 Anne	Stretch For Wellness 10:40-11:35 Judy	Zumba 10:45-11:30 Alicia	SilverSneakers Yoga 10:35 - 11:20 MaryLou	BodyFlow 10:40 - 11:35 Anne	Stretch For Wellness 10:40-11:35 Judy	POUND Express 10:10 - 10:40 Alicia	SilverSneakers Yoga 10:35 - 11:20 MaryLou
noon - 3 p.m.	*Lunch Time Express 11:35-12:05 Kayla					*Lunch Time Express 11:35-12:05 Kayla				
4 p.m.	Group Cycling 4:00 -4:45 Lisa		PiYO 4:15-4:45 Linda		Group Cycling 4:00 -4:45 Katie		PiYO 4:15-4:45 Linda			
5 p.m.	BodyPump Express 5:00 - 5:45 Lisa	Cardio Kickboxing 5:00 - 5:45 Kayla	CROSSfitness 5:00 - 5:45 Linda		BodyPump Express 5:00 - 5:45 Kayla		CROSSfitness 5:00 - 5:45 Linda			
6 p.m.	Group Cycling 6:00 - 6:45 Jessica	BodyFlow 6:10 - 7:05 Judy	BodyPump 6:00 - 6:55 Linda		Group Cycling 6:00 - 6:45 Jessica/Todd	BodyFlow 6:10 - 7:05 Judy	BodyPump 6:00 - 6:55 Linda			

○ New Classes!
■ Classes for Ages 10 & Up
■ Classes for Ages 15 & Up

For more detailed information on these classes go to MyWRF.org.
 For last minute changes in our class schedule, use **Teamup Calendar** on your iPhone or Android phone & use code: **ksaw6aqk76uigaytmm**

Saturday Group Classes

8:00 a.m.	BodyPump 8:00 - 8:55	Group Cycling 1 st , 3 rd & 5 th weeks 8:15 - 9:00	PiYO 2 nd & 4 th weeks 8:00 - 9:00 Linda
9:15 a.m.	BodyPump 9:15 - 10:10	Somatic Yoga 9:15 - 10:00 Bonnie	