

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		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	PiYO 9:00 - 10:00 Linda	SilverSneakers Classic 9:40 - 10:25
11 a.m.	Zumba 10:45-11:30 Alicia	SilverSneakers Yoga 10:35 - 11:20	BodyFlow 10:40 - 11:35 Anne	Qi Gong/Tai Chi 10:40 - 11:35 Roger/Judy	Zumba 10:45-11:30 Alicia	Silver Sneakers Yoga 10:35 - 11:20 Mary Lou	BodyFlow 10:40 - 11:35 Anne	Qi Gong/Tai Chi 10:40 - 11:35 Roger/Judy	POUND Express 10:10 - 10:40 Alicia	Chair Yoga 10:35 - 11:20 Bonnie
noon - 3 p.m.		*Low Impact Express 11:35-12:05 Kayla				*Low Impact Express 11:35-12:05 Kayla				
4 p.m.	Group Cycling 4:00 - 4:45 Lisa				Group Cycling 4:00 - 4:45 Katie					
5 p.m.	BodyPump Express 5:00 - 5:45 Lisa	Cardio Kickboxing 5:00 - 5:45 Kayla	CROSSfitness 5:00 - 5:45 Linda	POUND 5:00 - 5:45 Abby	BodyPump Express 5:00 - 5:45 Kayla	PiYO 5:00 - 6:00 Linda	CROSSfitness 5:00 - 5:45 Linda	POUND 5:00 - 5:45 Abby		
6 p.m.	Group Cycling 6:00 - 6:45 Jessica	BodyFlow 6:10 - 7:05 Judy	BodyPump 6:00 - 6:55 Linda	Yoga 6:00 - 6:55 Kelli/Katie	Group Cycling 6:00-6:45 Jessica/Todd	BodyFlow 6:10 - 7:05 Judy	BodyPump 6:00 - 6:55 Linda	Yoga 6:00 - 6:55 Kelli/Katie		

Bolded classes: New!
 *Wild Kids not available for these classes
 Classes for Ages 10 & Up
 Classes for Ages 15 & Up

For more detailed information on these classes go to MyWRF.org.

Saturday Group Classes

8 a.m.	BodyPump 8:00 - 8:55 Kayla	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 a.m.	BodyPump 9:15 - 10:10	POUND 9:15- 10:00 Alicia	