

updated 5/6 **TriFitness** **Beth** (715) 850-1216 trifitness2004@gmail.com

Location	Off Site	Tri-Fitness	Off Site	Tri-Fitness	Off Site
	Monday	Tuesday	Wednesday	Thursday	Friday
6:00AM - 6:45AM	YOGA	AM STRETCH	YOGA	AM STRETCH	YOGA
6:15AM - 6:45AM		YOGA		YOGA	
6:45AM - 7:30AM	STEP	BUTTS/GUTTS	STEP	BUTTS/GUTTS	STEP
7:30AM - 8:15AM	CONDITIONING		CONDITIONING		CONDITIONING
7:40AM - 8:25AM		S SNEAKERS		S SNEAKERS	
8:15AM - 9:00AM	YOGA/PICKLEBALL		YOGA/PICKLEBALL		YOGA/PICKLEBALL
8:25AM - 9:00AM		CHAIR YOGA		CHAIR YOGA	
9:00AM - 9:45AM	S SNEAKERS	S SNEAKERS	S SNEAKERS	S SNEAKERS	S SNEAKERS
9:45AM - 10:30AM	LINE DANCE				LINE DANCE

OFF SITE WINTER-MAY 20 Townsend T Hall **OFF SITE SUMMER** - Lakewood Pavillion

MWF 8:15am YOGA will change to PICKLE BALL May 20, 2024 unless raining
SUMMER _ KAYAK 6:00AM-7:30AM **WEDNESDAYS** - check with Beth on Start Date

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7:30AM - 8:15AM	CONDITIONING		CONDITIONING		CONDITIONING
7:40AM - 8:25AM		S SNEAKERS		S SNEAKERS	
8:15AM - 9:00AM	YOGA/PICKLEBALL		YOGA/PICKLEBALL		YOGA/PICKLEBALL
8:25AM - 9:00AM		CHAIR YOGA		CHAIR YOGA	
9:00AM - 9:45AM	S SNEAKERS	S SNEAKERS	S SNEAKERS	S SNEAKERS	S SNEAKERS
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