Winter Fitness Class Schedule  
January 2\textsuperscript{nd} – March 30\textsuperscript{th} 

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Group Strength</td>
<td>Yoga Flow</td>
<td>Group Strength</td>
<td>Pilates</td>
<td>No Class – Open Fitness Room</td>
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<tr>
<td>12:05-12:45pm</td>
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<tr>
<td>Aaron</td>
<td>Becky</td>
<td>Aaron</td>
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**Group Strength Training (GST)**

GST will help you build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. This class uses dumbbells, resistance tubing, and a variety of other equipment to provide a safe and effective total body workout. All levels are welcome!

**Yoga Flow**

An all-encompassing spirit, mind and body workout concentrating on flexibility, strength and relaxation. Poses are held longer to challenge the body to open more deeply into the postures. Suitable for beginners and all levels.

**Pilates**

Pilates focuses on strengthening and lengthening the body with an emphasis on the core muscle groups. You will gain control of movement and increase core strength with the majority of the class completed on the mat. Relaxation stretches and balance work are also incorporated. All levels are welcome!

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**How Do I Sign-Up?**

Contact Tamara Glentz: tglentz@lacrossecounty.org or Call 785-9723.

Registration is open NOW!  
*Class size may be limited to accommodate comfort and safety.*

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**2018 Fitness Class Prices**

NEW!

**Punch Card Option:**

12 Class Punch Card = $30  
24 Class Punch Card = $50

*Punch card may be limited to certain classes based on capacity. You can purchase a punch card & a specific class if desired. Punch cards cannot carry over to future sessions.*

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**NEW! Fitness Class Scholarship applications are now available.** These scholarships are reserved for employees experiencing financial hardship. For more information about the scholarship and the application, click [here](#).