



Class Schedule for June 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
			ARTHRITIS EXERCISE 9:00-10:00 am	Core N' More 9:00 - 9:45am
	Functional Fitness II 10:30 – 11:15am		Functional Fitness II 10:30 – 11:15am	Free Machine Orientation
Student HIIT 11:00 – 11:45am	Noon Core 12 - 12:30pm	Student HIIT 11:00 – 11:45am	Noon Core 12 - 12:30pm	10:30 – 11:15am
Functional Fitness I 2:00 - 2:30pm	<u>COFFEE SOCIAL</u> <u>6/25 1:00pm</u>	Functional Fitness I 2:00 - 2:30pm		
Core N' More 3:30 – 4:15pm		Core N' More 3:30 – 4:15pm		
Total Body Toning 5:00 – 5:45pm		Total Body Toning 5:00 – 5:45pm		



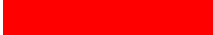







See back for class pricing information. Class Schedules are subject to change monthly.

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 Friday 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!*

LEVEL METER		
EXTREME		MORNING BODY BLAST
		TBT/STUDENT
HARD		HIIT
		NOON CORE
		CORE N' MORE
MODERATE		
		FUNCTIONAL FITNESS II
		FUNCTIONAL FITNESS I
		ARTHRITIS EXERCISE
EASY		

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.