

February

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
9-10AM Senior Strength/Stretch	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga		9-10AM Senior Strength/Stretch  10-11AM FREE Pain and Injury Assessment	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga	9-10AM Senior Strength/Stretch
9-10AM Senior Strength/Stretch	12	13	14	15	16
9-10AM Senior Strength/Stretch	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga		9-10AM Senior Strength/Stretch  5-6PM FREE Pain and Injury Assessment	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga	9-10AM Senior Strength/Stretch
9-10AM Senior Strength/Stretch	19	20	21	22	23
9-10AM Senior Strength/Stretch	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga  3:20-4:05PM ISM 4:15-5:00PM ISM		9-10AM Senior Strength/Stretch  10-11AM FREE Pain and Injury Assessment	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga  3:20-4:05PM ISM 4:15-5:00PM ISM	9-10AM Senior Strength/Stretch
9-10AM Senior Strength/Stretch	26	27	28	1	2
9-10AM Senior Strength/Stretch	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga  3:20-4:05PM ISM 4:15-5:00PM ISM		9-10AM Senior Strength/Stretch  5-6PM FREE Pain and Injury Assessment	5:15-6AM Core & Bootcamp 6:15-7AM Rise & Shine Yoga  3:20-4:05PM ISM 4:15-5:00PM ISM	9-10AM Senior Strength/Stretch

Senior Strength/Stretch-

Core and Bootcamp-

Rise & Shine Yoga-

ISM (Intro to Strength & Movement)

Pain and Injury Assessment-

30 minute independent walk on indoor track followed by 30 minute strength program in Fitness Studio. ALL LEVELS WELCOME. THIS CLASS STARTS MONDAY, FEBRUARY 5<sup>th</sup>. Contact Brenda Schanhofer at 920.532.0314x6700 or email [wellnesscenter@wrightstown.k12.wi.us](mailto:wellnesscenter@wrightstown.k12.wi.us) for registration. **CLASS BEGINS MON, FEBRUARY 5. NO FEE FOR THIS CLASS.** Core Bootcamp class combines Yoga and functional exercises to bring you vigorous, challenging and dynamic movement-based classes that are sure to take your fitness to the next level! Visit [www.pedrettipoweryoga.com](http://www.pedrettipoweryoga.com) and click on CLASS SCHEDULE for more information and registration. **CLASS BEGINS TUE, FEB 6.** This class will emphasize the classic Yoga poses, building on the basics with emphasis on alignment of standing, sitting, and twisting poses. Visit [www.pedrettipoweryoga.com](http://www.pedrettipoweryoga.com) and click on CLASS SCHEDULE for more information and registration. **CLASS BEGINS TUE, FEB 6.** This class is for students in grades 5-8. An excellent opportunity for kids of all fitness levels to understand movement and safe exercise skills at a young age. Visit [WWW.JROSKUM.COM](http://WWW.JROSKUM.COM) or email [Jeanette@jroskum.com](mailto:Jeanette@jroskum.com) for more information and registration. **THIS CLASS BEGINS ON TUESDAY, FEBRUARY 20 AND RUNS FOR 8 WEEKS.** Athletic Trainer Roland Schmidt with Bellin Health will be available to community members on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the month from 10-11am and the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month from 5-6pm for for pain and injury assessments. NO FEE. Contact [roland.Schmidt@bellin.org](mailto:roland.Schmidt@bellin.org) or [wellnesscenter@wrightstown.k12.wi.us](mailto:wellnesscenter@wrightstown.k12.wi.us) for more info.

Tiger Tough. Community Strong.

