



Hour Slot:           
 Half Hour Slot:         



| MONDAY                  | TUESDAY             | WEDNESDAY               | THURSDAY               | FRIDAY                  | SATURDAY |
|-------------------------|---------------------|-------------------------|------------------------|-------------------------|----------|
|                         |                     |                         |                        |                         |          |
| <b>H.I.I.T.</b>         |                     | <b>H.I.I.T.</b>         |                        | <b>H.I.I.T.</b>         |          |
| 6:00 - 7:00 AM<br>Julie |                     | 6:00 - 7:00 AM<br>Julie |                        | 6:00 - 7:00 AM<br>Julie |          |
|                         |                     |                         |                        |                         |          |
| <b>H.I.I.T.</b>         |                     | <b>H.I.I.T.</b>         |                        | <b>H.I.I.T.</b>         |          |
| 12:00-12:30 PM<br>Tim   |                     | 12:00-12:30 PM<br>Tim   |                        | 12:00-12:30 PM<br>Tim   |          |
|                         |                     |                         |                        |                         |          |
|                         | <b>H.I.I.T.</b>     |                         | <b>H.I.I.T.</b>        |                         |          |
|                         | 4:30-5:00 PM<br>Tim |                         | 4:30-5:00 PM<br>Lauren |                         |          |
| <b>H.I.I.T.</b>         |                     | <b>H.I.I.T.</b>         |                        |                         |          |
| 5:30-6:30 PM<br>Tim     |                     | 5:30-6:30 PM<br>Tim     |                        |                         |          |
|                         |                     |                         |                        |                         |          |

**H.I.I.T. Packages: \$77/Month Unlimited Classes  
 (Includes Fitness Membership)**

**Member Drop In: \$10 Per Class  
 Non-Member Drop In: \$20 Per Class**

Schedules are subject to change on a monthly basis. To schedule for a time slot please call:

East Location: 715-833-2100 ext. 4

**Please Remember**

Print your First and Last Name in the appointment book

If you are unable to make it please contact and inform the club so another member may take the slot....