



A service of
Lake Region HEALTHCARE
Vision. Integrity. Award winning care.

2022 JUNE-AUGUST

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
MORNING 5:00 AM - 11:30 AM	5:00 - 6:00 CrossFit WOD Karoline	5:00 - 6:00 Barbell Club Karoline	5:00 - 6:00 CrossFit WOD Karoline	5:00 - 6:00 Barbell Club Karoline	5:00 - 6:00 CrossFit WOD Karoline		
	6:00 - 6:50 Bike 'N' Bells Natalie	6:00 - 7:00 CrossFit WOD Joel	6:00 - 7:00 CrossFit WOD Karoline	6:00 - 6:50 Bike 'N' Bells Natalie	6:00 - 7:00 CrossFit WOD Karoline		
	7:00 - 7:30 Core Assets 1st & 3rd Mon Natalie			7:00 - 7:30 Core Assets Natalie			
	8:30 - 9:30 Diamond Ladies Rena		8:30 - 9:30 Diamond Ladies Rena				
		9:00 - 10:00 Tai Ji Quan Nancy			9:00 - 10:00 Tai Ji Quan Jess		
					11:00 - 11:30 Nutrition 101 Jess		
AFTERNOON 11:30 AM - 5:00 PM	12:00 - 12:45 CrossFit WOD Doug	11:45 - 12:30 Dance Fitness Missy	12:00 - 12:45 CrossFit WOD Karoline	11:45 - 12:30 Strong Missy	12:00 - 12:45 CrossFit WOD Joel		
	12:45 - 1:15 HIIT Rena	12:30 - 1:00 CrossFit Skills Karoline	12:45 - 1:15 HIIT Rena	12:30 - 1:00 CrossFit Skills Doug			
		12:00 - 12:50 Yin Yoga Wendy					
	1:30 - 2:30 Rock Steady Boxing Lorri		1:30 - 2:30 Rock Steady Boxing Lorri	1:30 - 2:30 Rock Steady Boxing Lorri			
EVENING 5:15 PM - 8:00 PM	5:15 - 6:15 CrossFit WOD Doug		5:15 - 6:15 CrossFit WOD Doug	5:15 - 6:15 CrossFit WOD Rena	5:15 - 6:15 CrossFit WOD Doug		
		5:15 - 6:30 Yoga by the River Wendy					KEY:
	6:15 - 7:00 Strength & Tone Alisha	6:30 - 7:00 Nutrition 101 Jess	6:15 - 7:00 Strength & Tone Alisha	6:30 - 7:00 Core Assets Alisha			First Lutheran Church, FF
			7:00 - 8:00 Barbell Club Kristen				Outdoor Behind City Hall FF

** OPEN GYM is available anytime our doors are open. Please understand that during class times space could be an issue and/or equipment availability.**

More Information & Class Descriptions:

Mehl Center
Mill Street Residence
wellness@lrhc.org
218-736-8451

619 S. Cascade St.
Facebook: @LRHUnityWellness
Instagram: @lrh_wellness