CROSSFIT FERGUS FALLS

PHATTY NATTIE'S

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

	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 Spinning Natalie	6:00 - 7:00 CrossFit WOD Joel	6:00 - 7:00 CrossFit WOD Karoline	6:00 - 6:50 Spinning Tom	6:00 - 7:00 CrossFit WOD Karoline		
	7:00 - 7:30 Core Assets Natalie				7:00 - 7:30 Core Assets Natalie		
						8:00 - 9:00 Open Gym Kristen/ Alisha	
	8:30 - 9:30 Diamond Ladies Renae		8:30 - 9:30 Diamond Ladies Renae				
	9:30 - 10:00 Low Pressure Fitness Jasey	9:30 - 10:30 Tai Ji Quan Jessica		9:30 - 10:30 Tai Ji Quan Nancy			
							11:00-12:00 Dance Fitness Ends 4/10 Missy
AFTERNOON NOON - 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 Kettlebells Renae	12:35 - 1:20 CrossFit WOD Karoline	12:45 - 1:15 Kettlebells Renae	12:35 - 1:20 CrossFit WOD Joel			
		12:00-12:50 Yin Yoga Wendy					
	Rock Steady Boxing 1:30-2:30 Lorri		Rock Steady Boxing 1:30-2:30 Lorri	Rock Steady Boxing 1:30-2:30 Lorri			
	4:25 - 5:05 CrossFit Teens Doug		4:25 - 5:05 CrossFit Teens Doug		4:25 - 5:05 CrossFit Teens Doug		
EVENING 5:15 PM - 8:30 PM	5:15 - 6:15 CrossFit WOD Doug		5:15 - 6:00 Drums Alive Natalie Feb & April	5:15 - 6:15 CrossFit WOD Renae	5:15 - 6:15 CrossFit WOD Doug		
		5:15 - 6:30 Yoga Fusion Wendy	5:15 - 6:00 Barre Natalie March & May				
	6:15 - 7:00 Barbell Club Kristen	6:30 - 7:00 Nutrition 101 Jess Starts 2/1	6:15 - 7:00 Strength & Tone Alisha	6:30 - 7:00 Core Assets Alisha			**KEY:**
	7:00 - 8:00 Strength & Tone Alisha		7:00 - 8:00 Barbell Club Kristen				First Lutheran Church Main Entrance 402 S. Court St, FF
		7:15 - 8:00 Pump Up Natalie		7:15 - 8:00 Pump Up Natalie			Mehl Center 619 S Cascade St
		8:00 - 8:30 Core Assets Natalie					

** 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 619 S. Cascade St.
Mill Street Residence
wellness@lrhc.org Instagram: @lrh_wellness
218-736-8451