



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

|                                      | Mon   | Tues                                     | Wed   | Thur  | Fri                                     | Sat  | Sun  |
|--------------------------------------|---|--|---|---|---|--|--|
| <b>MORNING</b><br>5:00 AM - 11:30 AM | 5:00 - 6:00<br>CrossFit WOD<br>Karoline         | 5:00 - 6:00<br>Barbell Club<br>Karoline  | 5:00 - 6:00<br>CrossFit WOD<br>Karoline     | 5:00 - 6:00<br>Barbell Club<br>Karoline     | 5:00 - 6:00<br>CrossFit WOD<br>Karoline |  |  |
|                                      | 6:00 - 6:50<br>Spinning<br>Natalie              | 6:00 - 7:00<br>CrossFit WOD<br>Joel      | 6:00 - 7:00<br>CrossFit WOD<br>Karoline     | 6:00 - 6:50<br>Spinning<br>Tom              | 6:00 - 7:00<br>CrossFit WOD<br>Karoline |  |  |
|                                      | 7:00 - 7:30<br>Core Assets<br>Natalie           |  |   |   | 7:00 - 7:30<br>Core Assets<br>Natalie   |  |  |
|                                      |   |  |   |   |   | 8:00 - 9:00<br>Open Gym<br>Kristen/ Alisha |  |
|                                      | 8:30 - 9:30<br>Diamond Ladies<br>Renaë          |  | 8:30 - 9:30<br>Diamond Ladies<br>Renaë      | 8:30-9:20<br>Beginner Barre<br>Natalie      |   |  |  |
|                                      |   |  |   |   |   |  | 11:00-12:00<br>Dance Fitness<br>Starts 11/7<br>Missy                         |
| <b>AFTERNOON</b><br>NOON - 5:00 PM   | 12:00 - 12:45<br>CrossFit WOD<br>Doug           | 11:45 - 12:30<br>Dance Fitness<br>Missy  | 12:00 - 12:45<br>CrossFit WOD<br>Doug       | 11:45 - 12:30<br>Strong<br>Missy            | 12:00 - 12:45<br>CrossFit WOD<br>Joel   |  |  |
|                                      | 12:45 - 1:15<br>Kettlebells<br>Renaë            | 12:35 - 1:20<br>CrossFit WOD<br>Karoline | 12:45 - 1:15<br>Kettlebells<br>Renaë        | 12:35 - 1:20<br>CrossFit WOD<br>Karoline    |   |  |  |
|                                      |   | 12:00-12:50<br>Yin Yoga<br>Wendy         |   |   |   |  |  |
|                                      | 1:30-2:30<br>Rock Steady<br>Boxing<br>Lorri     |  | 1:30-2:30<br>Rock Steady<br>Boxing<br>Lorri | 1:30-2:30<br>Rock Steady<br>Boxing<br>Lorri |   |  |  |
|                                      | 4:25 - 5:05<br>CrossFit Teens<br>Doug           |  | 4:25 - 5:05<br>CrossFit Teens<br>Doug       |   | 4:25 - 5:05<br>CrossFit Teens<br>Doug   |  |  |
| <b>EVENING</b><br>5:15 PM - 8:30 PM  | 5:15 - 6:15<br>CrossFit WOD<br>Doug             |  | 5:15-6:00<br>Drums Alive<br>Natalie         | 5:15 - 6:00<br>CrossFit WOD<br>Renaë        | 5:15 - 6:15<br>CrossFit WOD<br>Doug     |  |  |
|                                      |   | 5:30 - 6:30<br>Yoga Fusion<br>Wendy      | 6:00-6:45<br>Barre<br>Alisha H.             |   |   |  |  |
|                                      | 6:15 - 6:45<br>Low Pressure<br>Fitness<br>Jasey |  |   |   |   |  |  |
|                                      | 6:45 - 7:45<br>Barbell Club<br>Kristen          |  | 6:45 - 7:45<br>Barbell Club<br>Kristen      |   |   |  | <b>KEY:</b><br>First Lutheran Church<br>Main Entrance<br>402 S. Court St, FF |
|                                      |   | 7:15 - 8:00<br>Pump Up<br>Natalie        |   | 7:15 - 8:00<br>Pump Up<br>Natalie           |   |  | Mehl Center<br>619 S Cascade St  |
|                                      |   | 8:00 - 8:30<br>Core Assets<br>Natalie    |   |   |   |  |  |

**More Information & Class Descriptions:**

Mehl Center 619 S. Cascade St.  
Mill Street Residence  
wellness@lrhc.org  
218-736-8451

Instagram: @lrh\_wellness