



Lake Region HEALTHCARE

Unity Wellness

2023 Winter Schedule (January - May)

	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 Pump Up 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 Natalie		7:10 - 8:00 ViniYoga Abby	7:00 - 7:30 Core Assets Natalie			
	8:30 - 9:30 Diamond Ladies Renaë	8:30 - 9:30 Urban Kick Deb	8:30 - 9:30 Diamond Ladies Renaë	8:30 - 9:30 Urban Kick Deb	8:30 - 9:30 Diamond Ladies Karoline		
							11:00-12:00 Dance Fitness Missy
AFTERNOON 11:45 AM - 5:00 PM	12:00 - 12:45 CrossFit WOD Doug	11:45 - 12:30 Dance Fitness Missy Hexum	12:00 - 12:45 CrossFit WOD Isaiah	11:45 - 12:30 Strong Missy Hoen	12:00 - 12:45 CrossFit WOD Joel		
	12:45 - 1:15 HIIT Renaë	12:30 - 1:00 CrossFit Skills Karoline	12:45 - 1:15 HIIT Renaë	12:30 - 1:00 CrossFit Skills Doug			
		12:00-12:50 Gentle 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 - 8:30 PM	5:15 - 6:15 CrossFit WOD Doug	5:15 - 5:45 CrossFit Skills Doug	5:15 - 6:15 Sticks 'N' Stones Natalie	5:15 - 6:15 CrossFit WOD Renaë	5:15 - 6:15 CrossFit WOD Doug		
		5:15 - 6:30 Yoga Fusion Wendy					
	6:15 - 7:15 Barbell Club Kristen		6:15 - 7:15 Barbell Club Kristen				
		6:45 - 7:15 Core Assets Alisha		6:45 - 7:15 Core Assets Alisha			KEY: McGowan Building 205 E. Lincoln Ave
		7:15 - 8:00 Strength & Tone Alisha		7:15 - 8:00 Strength & Tone Alisha			Mehl Center 619 S Cascade St

More Information & Class Descriptions:

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

619 S. Cascade St.
<https://wellness.lrhc.org/>
Instagram: @lrh_wellness
FB: @LRHUnityWellness

