



Whole You

Wellness

JAN-MARCH 2026

GROUP FITNESS SCHEDULE

Monday

6:00-6:30am

Upper Body
Conditioning

Tuesday

5:30-5:50PM

Lower Body & Core
Power 20

Wednesday

6:00-6:30am

Upper Body Power 30

Friday

6:00-6:30am

Lower Body & Core
Conditioning

**All classes are LIVE by Zoom, but
recorded for your convenience.**

*Available to all Whole You
Members*

**Contact Mindy @ 715.212.2429 or email
mindy.arndt@icloud.com**

Whole You Wellness

Class Descriptions

Upper Body Conditioning: Upper Body is the focus here. Body weight training, as well as dumbbells will power us through this workout. Get ready for focus and fun.

Lower Body & Core Power 20: Get ready for a lower body plus core focus for 20 minutes. Body weight & dumbbell training will provide variety and intensity.

Upper Body Power 30: What is one more upper body day? Bring on those defined chest, back, shoulders, biceps and triceps muscles. Let the fun begin.

Lower Body & Core Conditioning: Leg day is how we end our week! The focus is on all things legs, glutes, hips & core.

