



# Whole You Wellness

## MARCH 9-JUNE 28 GROUP FITNESS SCHEDULE

---

### **Monday**

6:00-6:30pm

Chest, Back & Core  
Power

### **Tuesday**

5:30-5:50PM

Lower Body Power  
20

### **Wednesday**

6:00-6:30pm

Shoulders, Arms & Core  
Strength

### **Saturday**

8:00-8:30am

Lower Body Ignite

**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

**Chest, Back & Core Power:** 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 Power 20:** Get ready for a lower body focus for 20 minutes. Body weight & dumbbell training will provide variety and intensity.

**Shoulders, Arms & Core Strength:** Bring on those defined shoulders, biceps and triceps muscles. Don't forget core! Let the fun begin.

**Lower Body Ignite:** A powerful, uplifting strength session designed to fire up your legs, glutes, and core while helping you feel grounded, strong, and energized from the inside out. This class blends controlled strength work with dynamic movement patterns to build stability, endurance, and confidence in your foundation

