



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

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
<b>MORNING</b> 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 - 7:00 CrossFit WOD Karoline	6:00 - 7:00 CrossFit WOD Joel	6:00 - 7:00 CrossFit WOD Karoline	6:00 - 7:00 CrossFit WOD Joel	6:00 - 7:00 CrossFit WOD Karoline		
		6:00 - 6:50 Spinning Natalie			6:00 - 6:50 Spinning Natalie		
					7:00 - 7:30 Core Assets Natalie		
	8:30 - 9:30 Diamond Ladies Rena		8:30 - 9:30 Diamond Ladies Rena			8:00 - 9:00 Open Gym Kristen	
	8:30 - 9:20 Tabatas & Tone Becca	8:30 - 9:20 Kettlebell Bootcamp Maria	8:30 - 9:20 Super Strength Maria	8:30 - 9:20 Tabatas & Tone Becca	8:30 - 9:20 Super Strength Maria		
<b>AFTERNOON</b> NOON - 5:00 PM	12:00 - 1:00 CrossFit WOD Kristen	12:00 - 1:00 CrossFit WOD Karoline	12:00 - 1:00 CrossFit WOD Natalie	12:00 - 1:00 CrossFit WOD Kristen	12:00 - 1:00 CrossFit WOD Joel		
	12:00 - 12:45 Noon Blend Hallie	12:00 - 12:45 Strong HIIT Missy	12:00 - 12:45 Noon Blend Hallie	12:00 - 12:45 Dance Fitness Missy			
	12:00 - 12:45 Pump Up Starts (9/4) Rena	12:00 - 12:45 Yin Yoga Wendy	12:00 - 12:45 Pump Up Starts (9/4) Rena				
							3:00 - 4:00 Dance Fitness Starts (11/3) Missy
	3:45 - 4:15 CrossFit Kids K - 2 Doug		3:45 - 4:15 CrossFit Kids K - 2 Doug		3:45 - 4:15 CrossFit Kids K - 2 Doug		
	4:20 - 4:50 CrossFit Kids 3-6 Doug		4:20 - 4:50 CrossFit Kids 3-6 Doug		4:20 - 4:50 CrossFit Kids 3-6 Doug		
	4:30 - 5:00 Kettlebells Rena		4:30 - 5:00 Kettlebells Rena				
	5:15 - 6:15 Class WOD Doug		5:15 - 6:15 Class WOD Doug		5:15 - 6:15 Class WOD Doug		
		5:15 - 6:00 Bike & Bells (9/11 - 10/16) Natalie					
<b>EVENING</b> 5:15 PM - 8:30 PM	5:30 - 6:30 Strength & Tone Alisha	5:30 - 6:30 Yoga Fusion Wendy		5:30 - 6:30 Strength & Tone Alisha			<b>KEY:</b>
	6:30 - 7:30 Barbell Club Kristen	6:30 - 7:30 Barbell Club Ryan		6:30 - 7:30 Barbell Club Ryan			CrossFit Fergus Falls
	6:45 - 7:15 Low Pressure Fitness Jasey			6:45 - 7:15 Core Assets Natalie			Phatty Nattie's Studio
	7:15 - 8:00 Pump Up Remix Natalie		7:15 - 8:00 Drums Alive (10/23 - 11/27) Natalie	7:15 - 8:00 Pump Up Remix Natalie			Mill Street Basement
		7:30 - 8:30 Class WOD Ryan		7:30 - 8:30 Class WOD Ryan			MState Gymnasium

**More Information & Class Descriptions:**

www.PhattyNatties.com  
<https://crossfitff.lrhc.org>  
 wellness@lrhc.org  
 218-736-8451

907 S. Mill Street  
 612 S. Cascade Street

Facebook: @PhattyNatties  
 Facebook: @CrossFitFergusFalls  
 Instagram: @lrh\_wellness