



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 - 5:45 CrossFit WOD Karoline	5:00 - 5:45 Barbell Club Karoline	5:00 - 5:45 CrossFit WOD Karoline	5:00 - 5:45 Barbell Club Karoline	5:00 - 5:45 CrossFit WOD Karoline		
	6:00 - 6:45 CrossFit WOD Karoline	6:00 - 6:45 CrossFit WOD Joel	6:00 - 6:45 CrossFit WOD Karoline	6:00 - 6:45 CrossFit WOD Joel	6:00 - 6:45 CrossFit WOD Karoline		
		6:00 - 6:45 Tabata Missy		6:00 - 6:45 HIIT Missy			
	8:30 - 9:30 Diamond Ladies Rena		8:30 - 9:30 Diamond Ladies Rena				
<b>AFTERNOON</b> NOON - 5:00 PM	12:00 - 12:45 CrossFit WOD Doug	12:00 - 12:45 CrossFit WOD Karoline	12:00 - 12:45 CrossFit WOD Doug	12:00 - 12:45 CrossFit WOD Karoline	12:00 - 12:45 CrossFit WOD Joel		
	12:00 - 12:45 HIIT Rena	12:00 - 12:45 Yin Yoga Wendy	12:00 - 12:45 HIIT Rena	12:00 - 12:45 Strong Missy			
							3:00 - 4:00 Dance Fitness Starts (11/8) Missy
	4:30 - 5:00 Kettlebell Concepts Rena		4:30 - 5:00 Kettlebell Concepts Rena				
<b>EVENING</b> 5:15 PM - 8:30 PM	5:15 - 6:15 Class WOD Doug		5:15 - 6:15 Class WOD Doug		5:15 - 6:15 Class WOD Doug		
		5:30 - 6:45 Yoga Fusion Wendy					<b>KEY:</b> CrossFit Fergus Falls
	6:15-6:45 Core Assets Alisha		6:15 - 7:00 Kick N Burn Alisha	6:15-6:45 Core Assets Alisha			Phatty Nattie's Studio
	6:45 - 7:45 Pump Up Remix Alisha		7:00-7:45 Beginner Barre Alisha	6:45 - 7:45 Pump Up Remix Alisha			Virtual ONLY
	6:30 - 7:30 Barbell Kristen	6:30 - 7:30 CrossFit WOD Kristen		6:30 - 7:30 CrossFit WOD Kristen			

**More Information & Class Descriptions:**

CF class sizes limited to 7 for WODs and 5 for barbell. PN limited to 10. Sign up is REQUIRED to attend a class.

www.PhattyNatties.com  
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 218-736-8451

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