

CLASS DESCRIPTIONS

POUND Fitness - Free Demo

Come try POUND®, the newest fitness class craze to hit Central Wisconsin! POUND is the world's first cardio jam inspired by the infectious, energizing and sweat-dripping fun of playing drums. Sticks provided.

Instructor: Angie Harris
Date: Monday, January 7
Time: 6:15pm - 7:15pm
Location: MES Gym **Fee:** Free

Zumba - Free Demo

Never tried Zumba®? Now is your chance! Zumba is a Latin-based fitness class that is part dance, part aerobics.

Instructor: Kristen Borysenko
Date: Wednesday, January 9
Time: 6:15pm - 7:15pm
Location: MES Gym **Fee:** Free

POUND Fitness - 6 Sessions

SWEAT. SCULPT. ROCK. POUND® is the world's first cardio jam inspired by the infectious, energizing and sweat-dripping fun of playing drums. Sticks provided.

Instructor: Angie Harris
Start Date: Monday, January 14
Time: 6:15pm - 7:15pm
Location: MES Gym **Fee:** \$35

Zumba - 6 Sessions

Zumba® is a Latin-based fitness class that is part dance, part aerobics.

Instructor: Kristen Borysenko
Start Date: Wednesday, January 16
Time: 6:15pm - 7:15pm
Location: MES Gym **Fee:** \$24

Beginning Electric Guitar - 4 Sessions

Wisconsin Rock Guitar Academy will start out teaching you the basics and will build your skills from there.

****Electric Guitar Required****
Instructor: Dakota Malinowski
(teaches all types of guitar and plays in a band)
Start Date: Thursday, January 17
Time: 5:30pm - 6:30pm
Location: MHS 408 **Fee:** \$45

Beginning Acoustic Guitar - 4 Sessions

Wisconsin Rock Guitar Academy will start out teaching you the basics and will build your skills from there.

****Acoustic Guitar Required****
Instructor: Dakota Malinowski
(teaches all types of guitar and plays in a band)
Start Date: Thursday, January 17
Time: 6:30pm - 7:30pm
Location: MHS 408 **Fee:** \$45

Acrylic Painting - 1 Session

Amy Anderson from Create A-Way Art will teach you how to create "Waterfalls in the Woods" canvas print. All experience levels welcome. All supplies provided.

Date: Wednesday, January 23
Time: 4:30pm - 7:30pm
Location: MHS Cafeteria **Fee:** \$30

Indoor Herb Garden - 1 Session

Come explore the way of indoor herb gardens. Learn how to choose the correct herbs and how to grow them from seeds. Topics covered will include how to plant seeds, proper care of seedlings and how to plant them.

Date: Thursday, January 31
Time: 6:00pm - 7:00pm
Location: MHS Cafeteria **Fee:** \$10

Acrylic Painting - 1 Session

Amy Anderson from Create A-Way Art will teach you how to create "Colorful Whimsical Tree" canvas print. All experience levels welcome. All supplies provided.

Date: Wednesday, February 6
Time: 4:30pm - 7:30pm
Location: MHS Cafeteria **Fee:** \$30

Growing Orchids for Beginners - 1 Session

This is an introductory class to growing orchids indoors. Learn about the many types of orchids and how they can thrive and multiply.

Date: Tuesday, February 19
Time: 6:00pm - 7:00pm
Location: IMC Side Conf. Room **Fee:** \$10

Electrical Wiring - 5 Sessions

A retired electrician will teach you the basics of electrical wiring and safety for small home projects.

Start Date: Thursday, February 21
Time: 6:00pm - 8:00pm
Location: IMC Side Conf. Room **Fee:** \$35

Beginning Electric Guitar: Next Step - 4 Sessions

Wisconsin Rock Guitar Academy will build on skills learned in Beginning Electric Guitar.

****Electric Guitar Required****
Instructor: Dakota Malinowski
(teaches all types of guitar and plays in a band)
Start Date: Thursday, February 21
Time: 5:30pm - 6:30pm
Location: MHS 408 **Fee:** \$45

Beginning Acoustic Guitar: Next Step - 4 Sessions

Wisconsin Rock Guitar Academy will build on skills learned in Beginning Acoustic Guitar.

****Acoustic Guitar Required****
Instructor: Dakota Malinowski
(teaches all types of guitar and plays in a band)
Start Date: Thursday, February 21
Time: 6:30pm - 7:30pm
Location: MHS 408 **Fee:** \$45

Historical Mosinee - 1 Session

Topic to be determined.
Date: Thursday, February 21
Time: 6:00pm - 8:00pm
Location: MHS IMC **Fee:** Free

Winter Snowshoeing - 1 Session

Join us as we explore the Mead Wildlife Area on snowshoes. Bring your own or use ours. Dependent on weather/snow conditions.

Make payment out to: Mead Wildlife Center
Date: Saturday, February 23
Time: 11:00am - 1:00pm
Location: Mead Wildlife Center **Fee:** \$7

POUND Fitness - 6 Sessions

SWEAT. SCULPT. ROCK. POUND® is the world's first cardio jam inspired by the infectious, energizing and sweat-dripping fun of playing drums. Sticks provided.

Instructor: Angie Harris
Start Date: Monday, February 25
(No class Spring Break week.)
Time: 6:15pm - 7:15pm
Location: MES Gym **Fee:** \$35

Zumba - 6 Sessions

Zumba® is a Latin-based fitness class that is part dance, part aerobics.

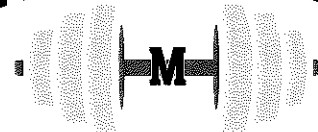
Instructor: Kristen Borysenko
Start Date: Wednesday, February 27
Time: 6:15pm - 7:15pm
Location: MES Gym **Fee:** \$24

Birds in Your Gardens - 1 Session

Learn to attract the most birds to your gardens by starting and keeping a journal of birds that visit and get tips on which plants to add/remove in the future.

Start Date: Thursday, February 28
Time: 6:00pm - 7:00pm
Location: MHS Cafeteria **Fee:** \$10

FITNESS CENTER



Open to all Mosinee School District students, athletes/teams, staff and community members free of charge.

JANUARY HOURS:

Monday - Thursday
 3:30pm - 7:30pm

Friday
 3:30pm - 5:30pm

Saturday & Sunday
 Closed

****Note:**

The Fitness Center will be CLOSED on the following days: non-school days, early release days, inservice days, winter break & spring break.