



# APPLETON - GROUP EXERCISE CLASSES - OCT 2017



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM			*CARDIO/INTERVALS (Richelle)		KETTLEBELL (Val)	8:00 AM	BODYATTACK (Jen B)	
8:15 AM	BODYATTACK (Jen B)			BODYPUMP (Val)		9:15 AM	BODYPUMP (Anne)	
8:30 AM		BODYCOMBAT (Richelle)			*TOTAL BODY FITNESS (Sheli)	10:30 AM	BODYFLOW (Jess R/Nikki)	
9:30 AM	YOGA (Nikki)	BODYPUMP (Lisa O)	BODYFLOW (Jess R)	POP PILATES (Emma)	BODYFLOW (Julie J)			
10:45 AM	SS CLASSIC (Mary)	SS CARDIO (Meg)	SS CLASSIC (Mary)	SS CARDIO (Mary)				
11:45 AM	SS CLASSIC (Meg)							
4:15 PM		BODYPUMP (Val)		*BOOTYWORX (Meg)		<div style="border: 2px solid red; padding: 5px;"> <p align="center">~COLOR KEY~</p> <p align="center">STRENGTH CLASSES</p> <p align="center">CARDIO CLASSES</p> <p align="center">YOGA/PILATES CLASSES</p> <p align="center">CARDIO DANCE CLASSES</p> <p align="center">SPIN/CYCLE CLASSES</p> <p align="center">(SS) SILVER SNEAKERS CLASSES</p> <p align="center">AQUA CLASSES</p> <p align="center">***SCHEDULE CHANGE***</p> <p align="center">*45 minute class</p> </div>		
4:30 PM	BODYFLOW (Amy)							
5:15 PM				BODYPUMP (Lisa O)				
5:30 PM	*POUND (Amanda)	ZUMBA (Katrina)	*TOTAL BODY FITNESS (Rebecca F)					
6:30 PM	BODYPUMP (Kim)	BODYFLOW (Joan)	ZUMBA TONE (Julie F)	BODYFLOW (Lisa O)				
7:30 PM	ZUMBA (Erika)							

## CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM		RPM (Lisa V)		RPM (Kova)		8:15 AM	RPM (Jess R)	RPM (Jess F)
8:30 AM	ROADRAGE (Mary)	RPM (Scott)	ROADRAGE (Sheli)	ROADRAGE (Mary)		9:30 AM	ROADRAGE (Michele N)	
6:00 PM	ROADRAGE (Michele N)		ROADRAGE (Michele N)					

## AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:00 AM	AQUA FIT (Vicky)	AQUA FIT (Meg)	AQUA FIT (Adrian)	AQUA FIT (Tammy)	AQUA FIT (Emma)			
5:30 PM				AQUA ZUMBA (Katrina)				
6:30 PM		AQUA ZUMBA (Katrina)				POOL RESERVED DURING CLASSES		

