

Effective August 1, 2018



Appleton - GROUP EXERCISE CLASSES - August 2018

MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM		Les Mills BODYSTEP-Athletic <i>(Melissa/Shannon)</i>	CARDIO/INTERVALS* <i>(Melissa)</i>		KETTLEBELL <i>(Val)</i>	8:00 AM	Les Mills BODYATTACK <i>(Jen B)</i>	
8:15 AM	Les Mills BODYATTACK <i>(Jen B)</i>	KETTLEBELL <i>(Rebecca F)</i>	Les Mills BODYSTEP-Athletic <i>(Jess R)</i>	Les Mills BODYPUMP <i>(Val)</i>	TOTAL BODY FITNESS <i>(Sheli)</i>	9:15 AM	Les Mills BODYPUMP <i>(Anne)</i>	
9:30 AM	YOGA <i>(Nikki)</i>	Les Mills BODYPUMP <i>(Lisa O)</i>	Les Mills BODYFLOW <i>(Jess R)</i>	POP Pilates <i>(Emma)</i>	Les Mills BODYFLOW <i>(Julie J)</i>	10:30 AM	Les Mills BODYFLOW <i>(Jess R/Nikki)</i>	
10:45 AM	Silver Sneakers CLASSIC <i>(Mary)</i>	Silver Sneakers CARDIO <i>(Meg)</i>	Silver Sneakers CLASSIC <i>(Mary)</i>	Silver Sneakers CARDIO <i>(Mary)</i>		<div style="border: 2px solid red; padding: 5px;"> <p align="center">- COLOR KEY -</p> <p>"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES</p> <p>"FIT" MEMBERSHIP CLASSES</p> <p>Silver outline --> SILVER SNEAKERS CLASS</p> <p>*45 minute class **30 minute class</p> <p>Yellow outline --> SCHEDULE CHANGE</p> </div>		
11:45 AM	Silver Sneakers YOGA <i>(Meg)</i>							
4:15 PM		Les Mills BODYPUMP <i>(Val)</i>		BOOTYWORX* <i>(Meg)</i>				
5:15 PM				Les Mills BODYPUMP <i>(Lisa O)</i>				
5:30 PM	TOTAL BODY FITNESS* <i>(Amanda)</i>	ZUMBA <i>(Katrina)</i>	BARRE <i>(Amanda)</i>					
6:30 PM	Les Mills BODYPUMP <i>(Kim)</i>	Les Mills BODYFLOW <i>(Lisa O)</i>	ZUMBA <i>(Julie F)</i>	Les Mills BODYFLOW <i>(Lisa O)</i>				



CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM		Les Mills RPM <i>(Lisa V)</i>		Les Mills RPM <i>(Kova)</i>		8:15 AM	Les Mills RPM <i>(Jess R)</i>	(8:30am) Les Mills RPM <i>(Jess F)</i>
8:30 AM	RIDE <i>(Mary)</i>	Les Mills RPM <i>(Scott)</i>	RIDE <i>(Sheli)</i>	RIDE <i>(Mary)</i>		9:30 AM	RIDE <i>(Michele N)</i>	
6:00 PM	RIDE <i>(Michele N)</i>		RIDE <i>(Michele N)</i>					

AQUA STUDIO

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

*schedules subject to change