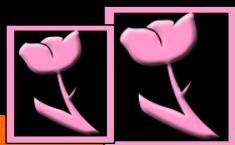


May 1, 2018



Green Bay - GROUP EXERCISE CLASSES - May 2018



MAIN STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
5:00 AM		Les Mills BODYPUMP <i>Laura</i>		Les Mills BODYPUMP <i>Laura</i>		7:30 AM	Les Mills BODYPUMP <i>Laura</i>	
8:30 AM	(8:15) *ZUMBA <i>Bernard</i>	Les Mills *BODYSTEP <i>Jess R</i>	*BOOTYWORX <i>Meg</i>		*TOTAL BODY FITNESS <i>Meg</i>	8:30 AM		YOGA <i>Laura</i>
9:15 AM	Les Mills BODYPUMP <i>Paul</i>			YOGA <i>Katie L</i>		8:45 AM	*PIYO <i>Laura</i>	
9:30 AM		Les Mills BODYFLOW <i>Jess R</i>	*POP Pilates <i>Shelly</i>		Les Mills BODYFLOW <i>Lisa VR</i>		<p align="center">- COLOR KEY -</p> <p align="center">"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES</p> <p align="center">"FIT" MEMBERSHIP CLASSES</p> <p align="center">Silver outline --> SILVER SNEAKERS CLASS</p> <p align="center">*45 minute class **30 minute class</p> <p align="center">Yellow outline --> SCHEDULE CHANGE</p>	
10:30 AM	SILVER SNEAKERS Classic <i>Jacinda</i>		SILVER SNEAKERS Classic <i>Jacinda</i>	SILVER SNEAKERS Yoga <i>Katie L</i>				
10:45 AM					SILVER SNEAKERS Classic <i>Meg</i>			
12:00 PM	LUNCHTIME CLASSES!		Les Mills BODYPUMP <i>Matthew</i>	LUNCHTIME CLASSES!	Les Mills BODYPUMP <i>Matthew</i>			
5:15 PM	(5:00) *INSANITY <i>Amie</i>	Les Mills BODYSTEP <i>Corianne</i>	*POWER YOGA <i>Tyler</i>	Les Mills BODYPUMP <i>Corianne</i>				
6:00 PM	Les Mills BODYPUMP <i>Katie S</i>							
6:15 PM		POP Pilates <i>Shelly</i>						
7:00 PM	ZUMBA <i>Bernard</i>			(6:30) FUNK <i>Mel</i>				

NEW CLASS!
POP Pilates
A LOW IMPACT, mat-based Pilates workout combining ab-chiseling and total-body moves choreographed to Top 40's music!
(TUES 6:15pm & WEDS 9:30am)

NEW CLASS!
BOOTYWORX
Do you LOVE to dance and ZUMBA? Then you will LOVE this new dance fitness class! For all ages and abilities!
(WEDS 8:30am)

CYCLE STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
5:00 AM	Les Mills RPM <i>Laura</i>		Les Mills RPM <i>Andy</i>		Les Mills RPM <i>Laura</i>	7:30 AM		Les Mills RPM <i>Andy</i>
4:30 PM					RIDE <i>Julie S</i>	8:00 AM	Les Mills RPM <i>Julie S</i>	
5:30 PM	Les Mills RPM <i>Julie S</i>		RIDE <i>Julie S</i>					

AQUA STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
9:00 AM	AQUA ZUMBA <i>Jacinda</i>		AQUA FIT <i>Jacinda</i>					
5:15 PM	AQUA FIT <i>Shari</i>			AQUA FIT <i>Megan</i>			**Pool Reserved During Classes**	

*schedules subject to change