

Effective November 2018



Green Bay - GROUP EXERCISE CLASSES - Fall 2018



MAIN STUDIO

	MON	TUE	WED	THU	FRI		SAT	SUN
5:00 AM		Les Mills BODYPUMP <i>Laura</i>		Les Mills BODYPUMP <i>Andy</i>		7:30 AM	Les Mills BODYPUMP <i>Laura</i> ★	
8:30 AM	(8:15) *ZUMBA <i>Bernard</i>	CARDIO STEP/CORE <i>Jess R</i>	*ZUMBA <i>Bernard</i>		*TOTAL BODY FITNESS <i>Meg</i>	8:30 AM		YOGA <i>Laura</i>
9:15 AM	Les Mills BODYPUMP <i>Corianne</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>	Please bring your own yoga mat		
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! →							
5:15 PM		Les Mills BODYSTEP <i>Corianne</i>	*POWER YOGA <i>Tyler</i>	Les Mills BODYPUMP <i>Stefanie</i>				
5:30 PM	Les Mills BODYPUMP <i>Katie S.</i>							
6:30 PM			ZUMBA <i>Pablo</i>	FUNK <i>Mel</i>				
6:45 PM	ZUMBA <i>Bernard</i>							

- COLOR KEY -

- "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES
- "FIT" MEMBERSHIP CLASSES
- Silver outline --> SILVER SNEAKERS CLASS
- *45 minute class **30 minute class
- ★ Star --> XGX Connector Class (great for new members!)
- Yellow outline --> SCHEDULE CHANGE

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>
8:30 AM	RIDE <i>Lisa</i>					8:00 AM	RIDE <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)