



# Hales Corners - GROUP EXERCISE CLASSES - (Jan-Mar)



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM	(5:15)**TOTAL BODY FITNESS (Stacy)		Les Mills BODYPUMP (Diane)	YOGA (Renee) ★	Les Mills BODYPUMP (Jana)	7:00 AM YOGA (Silvia)	
AM	(8:45) *KETTLEBELL (Kelly B) ★		(8:15) TONE UP (Tori)		(8:30) **PIYO (Rachel)	8:15 AM Les Mills BODYPUMP (Debbie)	(8:00) Les Mills BODYATTACK (Debbie)
9:30 AM	STRONG by Zumba (Kelly B)	**TOTAL BODY FITNESS (Tori)	ZUMBA (Kelly B)	**TOTAL BODY FITNESS (Stef)	Les Mills BODYPUMP (Annie) ★	9:30 AM STRONG by Zumba (Brooke)	(9:15) Les Mills BODYPUMP (Debbie)
10:45 AM	**YOGA STRONG (Stef)	(10:30) **ZUMBA TONING (Mary Jo) ★	**YOGA (Kelly B)	(10:30) **CORE N MORE (Stef)	**YOGA STRONG (Annie)	10:45 AM ZUMBA (Brooke)	
12:00 PM		Silver Sneakers CLASSIC (Kaye)		Silver Sneakers CLASSIC (Kaye)		<b>- COLOR KEY -</b> "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class    **45 minute class ★ Star --> XGX Connector Class (great for new members!)	
4:30 PM	**YOGA (Jessica)						
5:30 PM	STRONG by Zumba (Emily)	Les Mills BODYATTACK (Dan)	ZUMBA (Jackie) ★	(6:00) Les Mills BODYPUMP (Debbie)	Les Mills BODYFLOW (Thu Van)		
6:45 PM	ZUMBA (Victor)	Les Mills BODYPUMP (Thu Van) ★	**PIYO (Joni)	(7:15) ZUMBA (Dena)			
8:00 PM		Les Mills BODYFLOW (Thu Van)					

## CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:15 AM	**RIDE (Alyssa)	**RIDE (Alyssa)	**RIDE (Jessi)		**RIDE (Alyssa)	8:30 AM **RIDE (Lori)	
9:30 AM	**RIDE (Ann) ★		**RIDE (Tori)			9:45 AM **RIDE (Chris) ★	
PM	(5:30) **RIDE (Ann)	(5:30) **RIDE (Louise)	(6:00) **RIDE (Justine)	(5:30) **RIDE (Louise) ★			

## AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM		(10:00) **AQUA FIT (Ann)		(9:15) **AQUA ZUMBA (Brooke)		9:00 AM AQUA FIT (Rosanna) ★	
6:30 PM	**AQUA FIT (Ann) ★					POOL RESERVED DURING CLASSES	

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE