



# Appleton - GROUP EXERCISE CLASSES - Winter 2019



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM		TOTAL BODY FITNESS <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	TOTAL BODY BOOTCAMP <i>(Jess R/Sheli/Val)</i> ★	KETTLEBELL <i>(Jess R/Sheli)</i>	Les Mills BODYATTACK <i>(Jen B)</i>	Les Mills BODYPUMP <i>(Val)</i>	TOTAL BODY BOOTCAMP <i>(Sheli)</i>	9:15 AM Les Mills BODYPUMP <i>(Anne)</i> ★	
9:30 AM	Les Mills BODYFLOW <i>(Amy C)</i>	Les Mills BODYPUMP <i>(Lisa O)</i> ★	Les Mills BODYFLOW <i>(Jess R)</i> ★		Les Mills BODYFLOW <i>(Julie J)</i>	10:30 AM Les Mills BODYFLOW <i>(Corianne)</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>			
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	YOGA SCULPT <i>(NEW!!)</i> <i>(Meg S.)</i>	ZUMBA <i>(Katrina)</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> ★			

New Class!  
YOGA SCULPT

**- 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	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM	Les Mills SPRINT* <i>(NEW!!)</i> <i>(Deb)</i>	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>	
5:30 PM		Les Mills SPRINT* <i>(NEW!!)</i> <i>(Stefanie)</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>(Rhonda)</i>	AQUA FIT <i>(Jacque)</i> ★	AQUA FIT <i>(Tammy)</i>			
6:30 PM		AQUA ZUMBA <i>(Katrina)</i>		(5:30) AQUA ZUMBA <i>(Katrina)</i> ★			POOL RESERVED DURING CLASSES

(Schedules subject to change)