

Effective Jan 2019



Appleton - GROUP EXERCISE CLASSES - Jan 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	Les Mills BODYATTACK <i>(Jen B)</i>	KETTLEBELL <i>(Meg)</i>	CARDIO STEP & CORE <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	Les Mills BODYFLOW <i>(Amy C)</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>(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>			
5:00 PM			Les Mills BODYFLOW <i>(Corianne)</i>				
5:15 PM				Les Mills BODYPUMP <i>(Lisa O)</i>			
5:30 PM	TOTAL BODY FITNESS* <i>(Amanda)</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> ★			

- 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* (NEW!!) <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* (NEW!!) <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>	AQUA FIT <i>(Emma)</i>		
6:30 PM		AQUA ZUMBA <i>(Katrina)</i>		(5:30) AQUA ZUMBA <i>(Katrina)</i> ★			POOL RESERVED DURING CLASSES

(Schedules subject to change)