

Effective Jan 2019



Green Bay - GROUP EXERCISE CLASSES - Jan 2019



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>	Please bring your own yoga mat
9:30 AM		Les Mills BODYFLOW <i>Jess R</i> ★			Les Mills BODYFLOW <i>Corianne</i>	<div style="border: 2px solid red; padding: 5px;"> <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">★Star --> XGX Connector Class (great for new members!)</p> <p align="center">Yellow outline --> SCHEDULE CHANGE</p> </div>		
10:30 AM	SILVER SNEAKERS Classic <i>Jacinda</i>		SILVER SNEAKERS Classic <i>Jacinda</i>		SILVER SNEAKERS Classic <i>Meg</i>			
10:45 AM								
5:15 PM		BOX & CORE <i>Lisa VR</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>							

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>
5:30 PM	Les Mills RPM <i>Julie S.</i>		Les Mills SPRINT* (NEW!) <i>Deb H.</i>			8:00 AM	Les Mills SPRINT* (NEW!) <i>Stefanie</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>Paul F</i>	AQUA FIT <i>Megan</i>			**Pool Reserved During Classes**	

(schedules subject to change)

