



Menasha - GROUP EXERCISE CLASSES - Winter 2019



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI
5:30 AM		Les Mills BODYPUMP (Bob) ★		Les Mills BODYPUMP (Jacee)	
8:30 AM	Les Mills BODYPUMP (Julie J.)		(see new yoga class below!)	CORE N' MORE (Julie J.)	Les Mills BODYPUMP (Amy) ★
9:30 AM	(9:45) ZUMBA (Rachel B.)	Les Mills CX/BODYFLOW (Sue)	Les Mills BODYPUMP (Corianne)	(see new yoga class below!)	
10:45 AM		Silver Sneakers CLASSIC (Mary)			Silver Sneakers CLASSIC (Mary)
11:45 AM		Silver Sneakers CARDIO (Mary)			Silver Sneakers CARDIO (Mary)
4:30PM	TOTAL BODY FITNESS* (Melissa)	Les Mills BODYPUMP EXP* (Bob)			
5:30 PM	Les Mills BODYPUMP (Anne)	Les Mills BODYCOMBAT (Kova)	(5:00pm) BOOTYWORX (Meg S.)	Les Mills BODYCOMBAT (Jered)	
6:00 PM			Les Mills BODYPUMP (Sherna) ★		
6:45PM	ZUMBA (Julie F.)				

	SAT	SUN
8:15 AM	Les Mills CXWORX** (Jacee)	
8:30 AM		Les Mills BODYPUMP (Jacee) ★
9:00 AM	Les Mills BODYCOMBAT (Rachel E.)	
10:30 AM	ZUMBA (Shelly) ★	

- 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

MIND/BODY STUDIO

	MON	TUES	WEDS	THURS	FRI
5:30 AM	TRX* (Val)				
8:30 AM		TRX* (Cody)	YOGA (Nikki)		
9:30 AM	Les Mills BODYFLOW (Sue)			YOGA SCULPT (NEW!!) (Jess R.) ★	Les Mills BODYFLOW (Kayla/Chris K.)
5:30 PM		Les Mills BODYFLOW (Corianne) ★			

	SAT	SUN
9:15 AM	YOGA SCULPT (NEW!!) (Rachel B.)	
9:30 AM		Les Mills BODYFLOW (Chris K.)
		*PLEASE BRING YOUR OWN YOGA MAT

New Class!
YOGA SCULPT

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI
5:30 AM	Les Mills RPM (Jess F.)		Les Mills RPM (Deb)		Les Mills RPM (Jacee)
8:00 AM					
8:15 AM		(8:30) Les Mills RPM (Sue)		Les Mills RPM (Jess R.) ★	Les Mills RPM (Scotty)
5:15 PM	Les Mills RPM (Lisa V.) ★		Les Mills RPM (Lisa V.)		

	SAT	SUN
7:15 AM	Les Mills RPM (Deb)	Les Mills RPM (Jacee) ★

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI
9:00 AM	AQUA FIT (Meg S.)		AQUA FIT (Meg S.)		AQUA FIT (Rhonda)
5:45 PM	AQUA FIT (Becky T.)		AQUA ZUMBA (Katrina)		

	SAT	SUN
9:00 AM	AQUA FIT (Meg S.)	
	*POOL RESERVED DURING CLASS TIMES	