



Menasha - GROUP EXERCISE CLASSES - Jan 2019



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM		Les Mills BODYPUMP (Bob)	Les Mills CXWORX** (Jacee) ★	Les Mills BODYPUMP (Jacee)		8:15 AM	Les Mills CXWORX** (Jacee)	
8:30 AM	Les Mills BODYPUMP (Julie J)		(see new yoga class!)	CORE N' MORE (Julie J.)	Les Mills BODYPUMP (Amy) ★	8:30 AM		Les Mills BODYPUMP (Jacee) ★
9:30 AM	(9:45) ZUMBA (Rachel B.)	Les Mills CX/BODYFLOW (Sue)	Les Mills BODYPUMP (Corianne)			9:00 AM	Les Mills BODYCOMBAT (Rachel E.)	
10:45 AM		Silver Sneakers CLASSIC (Mary)			Silver Sneakers CLASSIC (Mary)	10:30 AM	ZUMBA (Shelly) ★	
11:45 AM		Silver Sneakers CARDIO (Mary)			Silver Sneakers CARDIO (Mary)			
4:30 PM	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) ★					
6:45 PM	ZUMBA (Julie F.)			ZUMBA (Blanca)				

- 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		SAT	SUN
5:30 AM	TRX* (Val)					9:15 AM	BARRE (Rachel B.)	
8:30 AM		TRX* (Cody)	YOGA (NEW!!) (Nikki)			9:30 AM		Les Mills BODYFLOW (Chris K.)
9:30 AM	Les Mills BODYFLOW (Sue)				Les Mills BODYFLOW (Chris K.)			
5:15 PM			TRX* (Steph V)					
5:30 PM		Les Mills BODYFLOW (Corianne) ★						*PLEASE BRING YOUR OWN YOGA MAT

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM	Les Mills RPM (Jess F.)		Les Mills RPM (Deb)		Les Mills RPM (Jacee)	7:15 AM	Les Mills RPM (Deb)	Les Mills RPM (Jacee)
8:00 AM	RIDE (Jess R.)							
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.)					

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:00 AM	AQUA FIT (Meg S.)		AQUA FIT (Meg S.)		AQUA FIT (Rhonda)	9:00 AM	AQUA FIT (Meg S.)	
5:45 PM	AQUA FIT (Becky T.)		AQUA ZUMBA (Katrina)					*POOL RESERVED DURING CLASS TIMES