



Brookfield - GROUP EXERCISE CLASSES - (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	Les Mills BODYPUMP <i>Melanie</i> ★		Les Mills BODYPUMP <i>Michelle</i>			7:00 AM	Les Mills BODYPUMP <i>Van</i>	
9:00 AM	ZUMBA <i>Melissa</i>	**TOTAL BODY FITNESS <i>Jessica</i>	Les Mills BODYPUMP ★	STRONG by Zumba <i>Cindy V/Dalilah</i>	(8:15) ZUMBA <i>Nicole</i>	8:15 AM	STRONG by Zumba <i>Stephanie</i> ★	(8:30) Les Mills BODYPUMP <i>Cheryl</i>
10:15 AM	**BARRE <i>Ashton</i>	(10:00) **YOGA <i>Jessica</i>	ZUMBA <i>Nicole</i>	TOTAL BODY FITNESS ★	(9:30) Les Mills BODYPUMP <i>Donna S.</i>	9:30 AM	YOGA <i>Tina</i>	(9:45) ZUMBA <i>Jackie</i>
AM			(11:30) *Les Mills CXWORX <i>Cindy K.</i>		(10:45) YOGA <i>Angie</i>	10:45 AM	ZUMBA <i>Nicole</i>	(11:00) YOGA <i>Donna W.</i>
12:15PM	**TOTAL BODY FITNESS <i>Donna S.</i>	**Les Mills BODYPUMP <i>Donna S.</i>	**STRONG by Zumba <i>Donna S.</i>	**Les Mills BODYPUMP <i>Donna S.</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">*30 minute class **45 minute class</p> <p align="center">★ Star --> XGX Connector Class (great for new members!)</p> </div>		
4:30 PM	**Les Mills BODYCOMBAT <i>Natalie</i>	*Les Mills CXWORX <i>Jessica</i>	**Les Mills BODYCOMBAT <i>Lauren</i> ★	*Les Mills CXWORX <i>Cindy K.</i>				
5:30 PM	Les Mills BODYPUMP <i>Cy</i>	(5:15) **TOTAL BODY FITNESS <i>Jessica</i>	ZUMBA <i>Nelly</i>	(5:15) **ZUMBA <i>Cindy K.</i>	**YOGA <i>Donna W.</i>			
6:45PM	ZUMBA <i>Courtney</i>	(6:15) ZUMBA <i>Jackie</i> ★	STRONG by Zumba <i>Nelly</i>	(6:15) Les Mills BODYPUMP <i>Michelle</i> ★				

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM				**RIDE <i>Melissa</i>		8:15 AM	**RIDE <i>Linda</i>	
AM	(9:15) **RIDE <i>Peter</i> ★				(9:45) **RIDE <i>Angie</i>	9:30 AM	**RIDE <i>Melissa</i>	
PM	(5:45) **RIDE <i>Melissa</i>	(5:15) **RIDE <i>Linda</i>	(5:45) **RIDE <i>Cheryl</i>	(5:15) **RIDE <i>Tori</i> ★				

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:00 AM			**AQUA ZUMBA <i>Cindy V.</i>					*POOL RESERVED DURING CLASS TIMES
5:30 PM	**AQUA ZUMBA <i>Kathleen</i>							

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE