



Brookfield - GROUP EXERCISE CLASSES - (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	Les Mills BODYPUMP (Melanie) ★		Les Mills BODYPUMP (Michelle)		Les Mills BODYPUMP (Melanie)	7:00 AM	Les Mills BODYPUMP (Thu Van)	
9:00 AM	ZUMBA (Melissa)	**TOTAL BODY FITNESS (Jessica)	Les Mills BODYPUMP (Gina) ★	STRONG by Zumba (Cindy V/Dalilah)	(8:15) ZUMBA (Nicole)	8:15 AM	STRONG by Zumba (Stephanie) ★	(8:30) Les Mills BODYPUMP (Cheryl)
10:15 AM	**BARRE (Ashton)	(10:00) **YOGA (Jessica)	ZUMBA (Nicole)	TOTAL BODY FITNESS (Lori) ★	(9:30) Les Mills BODYPUMP (Donna S.)	9:30 AM	YOGA (Tina)	(9:45) ZUMBA (Jackie)
AM			(11:30) *Les Mills CXWORX (Cindy K.)		(10:45) YOGA (Angie)	10:45 AM	ZUMBA (Nicole)	(11:00) YOGA (Donna W.)
12:15PM	**TOTAL BODY FITNESS (Donna S.)	**Les Mills BODYPUMP (Donna S.)	**STRONG by Zumba (Donna S.)	**Les Mills BODYPUMP (Donna S.)		<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 (Natalie)	*Les Mills CXWORX (Jessica)	**Les Mills BODYCOMBAT (Lauren) ★	*Les Mills CXWORX (Cindy K.)				
5:30 PM	Les Mills BODYPUMP (Cy)	(5:15) **TOTAL BODY FITNESS (Jessica)	ZUMBA (Nelly)	(5:15) **ZUMBA (Cindy K.)	**YOGA (Donna W.)			
6:45PM	ZUMBA (Courtney)	(6:15) ZUMBA (Jackie) ★	STRONG by Zumba (Nelly)	(6:15) Les Mills BODYPUMP (Michelle) ★				

CYCLE STUDIO

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

AQUA STUDIO

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

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE