



Waukesha - GROUP EXERCISE CLASSES - (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM		Les Mills BODYPUMP Alyssa				8:15 AM	ZUMBA Mary/Audrey	ZUMBA Stephanie
8:30 AM	ZUMBA Audrey	(8:15) **STRONG by Zumba Jenny	Les Mills BODYPUMP Pam	**PIYO Rachel	ZUMBA Audrey	9:30 AM	Les Mills BODYPUMP Nelly	Les Mills BODYPUMP Steve ★
AM	(9:45) **TOTAL BODY FITNESS Rachel	(9:15) YOGA Betsy	(9:45) **TURBOKICK Rachel	(9:30) ZUMBA STEP/ ZUMBA TONING Kelly B	(9:45) Les Mills BODYPUMP Pam ★	10:45 AM	**PIYO Amanda	
10:45 AM	Silver Sneakers CLASSIC Lori	(10:30) ZUMBA GOLD Christina ★		YOGA Betsy	(11:00) YOGA Lori			
12:15 PM					Silver Sneakers CLASSIC Lori	~ COLOR KEY ~ "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class **45 minute class ★ Star --> XGX Connector Class (great for new members!)		
4:45 PM	STRONG by Zumba Stephanie		(5:00) Les Mills BODYPUMP Dave					
PM	(6:00) Les Mills BODYPUMP Nelly	(5:30) ZUMBA Kelly B	(6:15) STRONG by Zumba Stephanie	(5:30) ZUMBA Mary	(5:30) ZUMBA Diana ★			
PM	(7:15) ZUMBA Mary	(6:45) **PIYO Amanda ★	(7:30) YOGA Betsy	(6:45) Les Mills BODYCOMBAT Carley				

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	**RIDE Jeffrey		**RIDE Jeffrey ★		*Les Mills SPRINT Alyssa	7:30 AM	*Les Mills SPRINT Kelley L ★	
AM	(8:45) **RIDE Rachel ★					8:30 AM	**RIDE Angie	(8:45) *Les Mills SPRINT Theresa
PM	(5:30) *Les Mills SPRINT Kelley L		(6:15) *Les Mills SPRINT Kelley S					

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
AM	(9:00) **AQUA ZUMBA Christina	(9:30) **AQUA ZUMBA Kelly B		(8:30) **AQUA ZUMBA Christina	(9:00) **AQUA ZUMBA Hannah	10:00 AM	**AQUA ZUMBA Susie	
PM	(5:30) **AQUA ZUMBA Cindy		(5:30) **AQUA FIT Beth ★				POOL RESERVED DURING CLASSES	