



Brookfield - GROUP EXERCISE CLASSES - (Jun-Sep)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	<i>Les Mills</i> BODYPUMP Melanie		<i>Les Mills</i> BODYPUMP Michelle			7:00 AM	<i>Les Mills</i> BODYPUMP Thu Van	
9:00 AM	ZUMBA Melissa	**TOTAL BODY FITNESS Jessica C	<i>Les Mills</i> BODYPUMP Gina	STRONG by Zumba Cindy V/Dalilah ★	(8:15) ZUMBA Nicole	8:15 AM	STRONG by Zumba Stephanie	(8:30) <i>Les Mills</i> BODYPUMP Cheryl
10:15 AM	**BARRE ★ Ashton	(10:00) **YOGA ★ Jessica C	ZUMBA Nicole	TOTAL BODY FITNESS Lori	<i>Les Mills</i> BODYPUMP Jessica L	9:30 AM	YOGA Jessica C	(9:45) ZUMBA Jackie
12:15 PM		** <i>Les Mills</i> BODYPUMP Jessica E		** <i>Les Mills</i> BODYPUMP Jessica L		10:45 AM	ZUMBA Nicole	(11:00) YOGA Ellen ★
4:30 PM	** <i>Les Mills</i> BODYCOMBAT Natalie	* <i>Les Mills</i> CXWORX Jessica C	** <i>Les Mills</i> BODYCOMBAT Tasha	* <i>Les Mills</i> CXWORX Cindy K ★		<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>		
5:30 PM	<i>Les Mills</i> BODYPUMP Cy	(5:15) TOTAL BODY FITNESS Jessica C	ZUMBA Nelly	(5:15) **ZUMBA Cindy K				
6:45 PM	ZUMBA Courtney	(6:30) YOGA Ellen	STRONG by Zumba ★ Nelly	(6:15) <i>Les Mills</i> BODYPUMP Michelle				

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM				**RIDE Melissa		8:30 AM	**RIDE Melissa ★	
AM	(9:15) **RIDE Peter				(9:45) **RIDE Angie			
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 Hae Jin		**AQUA ZUMBA Cindy V					*POOL RESERVED DURING CLASS TIMES
5:30 PM	AQUA FIT ★ Beth							

BRING WATER, MAT AND TOWEL TO CLASSES

Classes are 60 minutes unless otherwise noted

CLASS SCHEDULE SUBJECT TO CHANGE