

Brookfield Group Exercise Schedule

All Classes FREE for Members!



13825 W. Burleigh Rd.

Time Class Location Instructor

Monday

6:00 a.m.	SPIN	SC	HN
7:00 a.m.	Easy Spin	SC	MB
8:00 a.m.	Yoga Flow Plus	+ Ro	
	40/20	* A	
8:15 a.m.	SPIN	SC	RM
9:00 a.m.	Body Pump	* Me	
	Yoga Flow Plus	+ Ro	
	Strength Training	^ KD	
10 a.m.	Kickboxing	* J	
11 a.m.	Inter. Pilates Mat	+ J	
5:00 p.m.	ZUMBA	* Me	
6:00 p.m.	H2O Blast	~ JG	
	SPIN	SC	T
	Beg. Pilates Mat	+ TP	
	Sculpt	^ Gr	

Tuesday

6:00 a.m.	SPIN	SC	T
	Boot Camp	* Me	
8:00 a.m.	Beg. Pilates Mat	+ A	
9:00 a.m.	SPIN	SC	T
	Body Step	* J	
	Yoga Flow	+ S	
10 a.m.	Sculpt	* A	
	Gentle Yoga	+ S	
11:00 a.m.	Circuit Training	FC	J
	H2O Blast	~ JH	
	ZUMBA	* Me	
5:00 p.m.	Body Pump	* GS	
6:00 p.m.	SPIN	SC	AW
	Yoga Flow*	+ SK	
6:30 p.m.	Swim Fit	~ Gr	

Time Class Location Instructor

Wednesday

6:00 a.m.	SPIN	SC	TE
	Yoga Flow	+ Am	
7:00 a.m.	Easy Spin	SC	MB
8:00 a.m.	Yoga Flow	+ Ro	
	Zumba	* Li	
8:15 a.m.	SPIN	SC	Me
9:00 a.m.	Body Pump	* HN	
	Yoga Flow Plus	+ Ro	
10 a.m.	Kickboxing	* J	
11:00 a.m.	Beg. Pilates Mat	+ J/A	
6:00 p.m.	SPIN	SC	L
	Int. Pilates Mat	+ TP	
	H2O Blast	~ KD	

Thursday

6:00 a.m.	SPIN	SC	AW
	ZUMBA	* ME	
8:00 a.m.	Int. Pilates Mat	+ A	
9:00 a.m.	SPIN	SC	HN
	Yoga Flow	+ KA	
	Sculpt	* A	
10 a.m.	ZUMBA	* Me	
11 a.m.	Circuit Training	FC	J
	Aqua Zumba	~ G	
5:00 p.m.	Body Pump	* HC	
6:00 p.m.	Yoga Flow	+ Ro	
	SPIN	SC	MM

Location Key	FC	Fitness Center
+ Studio A	P	Pilates Studio
* Multi-Sport-Court	O	Outdoors
~ Pool	KS	Kids Space
^ Gravity Room	SC	Spin Center

Time Class Location Instructor

Friday

6:00 a.m.	SPIN	SC	T
	Body Pump	* MM	
9:00 a.m.	SPIN	SC	T
	Yoga Flow	+ KK	
	Strength Training	^ MB	
	40 / 20	* Ji	
10 a.m.	Gentle Yoga	+ KK	
	Body Pump	* JM	
11:00 a.m.	Beg. Pilates Mat	+ H	
5:30 p.m.	Sculpt	* Gr	

Saturday

7:15 a.m.	Body Pump	* HN	
8:30 a.m.	H2O Blast	~ V	
	SPIN	SC	V
	Yoga Flow	+ MK	
	Body Step alternate Saturdays with ZUMBA	* CG	
9:30 a.m.	Pilates	+ TP/H	
	SPIN	SC	MS

Sunday

8:30 a.m.	Body Pump	* V	
9:30 a.m.	SPIN	SC	HN/HC
	Power Spin the last Sunday of the month		

Schedule effective 7/3/10

A Anne Tremel
AG Adriana Gonzalez
AW Annie Weiss
CG Christina Garthwait
DN Deb Novak
G Gloria Becher
Gr Gretchen Schmidt
GS Grace Selwitschka
H Hanalaura Wood
HN Heather Nelson
HC Heather Caponi
KA Kristi Antonneau
KD Kelly Donohue
KK Kelly Kirtley

J Jen Bauman
Ji Jill Jelinski
JG Jennifer Grosshandler
JH Jessica Heller
JM Janean Manders
L Laura Wilkins
Li Lisa Ginn
MB Mike Bolan
Mk Mary Bruck
Me Melissa Mueller
MMM Michael Martz
RM Rob Martin
Ro Rose Shanks
S Sarah Delgadillo

SK Susan Koleas
T Tony Bieri
TE Traci Elliott
TP Tammy Phillips
V VARIOUS