



# Brookfield

## GROUP EXERCISE CLASS SCHEDULE

### MONDAY

5:45-6:30AM SPIN  
 8:15-9:00AM BTS  
 8:45-9:30AM BODYPUMP  
 9:15-9:45AM CARDIO BLAST  
 9:30-10:30AM PILATES MAT 1  
 9:45-10:45AM KICKBOXING  
 10:00-10:45AM NEW ENERGY STRENGTH  
 12:00-12:45PM PURE STRENGTH  
 4:45-5:15PM BODYSTEP EXPRESS  
 5:00-5:30PM EXPRESS STRETCH & CORE  
 5:15-6:15PM BODYPUMP  
 5:30-6:15PM SPIN  
 5:30-6:30PM ZUMBA

DEB KLIMKO  
 JILL JELINSKI  
 MELISSA RADMER  
 JILL JELINSKI  
 KIERA SONA  
 ADRIENNE SCHOEMANN  
 JILL JELINSKI  
 MELISSA RADMER  
 DEBBIE NOVAK  
 CARA PLISKE  
 DEBBIE NOVAK  
 CARA PLISKE  
 ADRIANA GONZALEZ

CYCLE STUDIO  
 GYM  
 LOWER STUDIO  
 GYM  
 MIND/BODY  
 GYM  
 LOWER STUDIO  
 LOWER STUDIO  
 LOWER STUDIO  
 MIND/BODY  
 LOWER STUDIO  
 CYCLE STUDIO  
 STUDIO A

### THURSDAY

5:30-6:30AM BOOTCAMP  
 7:45-8:45AM PILATES MAT 2  
 8:15-9:00AM CORE STRONG  
 9:00-10:00AM VINYASA YOGA  
 9:15-10:00AM STRENGTH CIRCUIT  
 10:00-10:30AM SPIN EXPRESS  
 10:15-11:15AM BEGINNER YOGA  
 10:30-11:30AM BALANCE AND RESTORE  
 4:45-5:15PM BODYSTEP EXPRESS  
 5:15-6:15PM BODYPUMP  
 5:30-6:30PM HOT YOGA

AMY SCHEIDT  
 MELISSA RADMER  
 JILL JELINSKI  
 JENNIFER ARCHER  
 CARA PLISKE  
 CARA PLISKE  
 JENNIFER ARCHER  
 MELISSA RADMER  
 DEBBIE NOVAK  
 DEBBIE NOVAK  
 ADRIANA ZOKAN

GYM  
 MIND/BODY  
 LOWER STUDIO  
 MIND/BODY  
 GYM  
 CYCLE STUDIO  
 MIND/BODY  
 LOWER STUDIO  
 LOWER STUDIO  
 LOWER STUDIO  
 MIND/BODY

### TUESDAY

5:30-6:30AM BOOTCAMP  
 8:30-9:15AM BODYSTEP  
 8:30-9:30AM SPIN  
 9:00-10:00AM VINYASA YOGA  
 9:15-10:00AM STRENGTH CIRCUIT  
 9:30-10:30AM PILATES MAT 1  
 10:15-11:15AM BEGINNER YOGA  
 11:00-11:45AM LIFE FIT  
 11:45-12:15PM BUTTS AND GUTS  
 4:45-5:15PM HIIT  
 5:30-6:30PM HOT YOGA  
 5:30-6:15PM CORE  
 6:30-7:15PM AQUA ZUMBA

AMY SCHEIDT  
 DEBBIE NOVAK  
 MELISSA RADMER  
 JENNIFER ARCHER  
 CARA PLISKE  
 MELISSA RADMER  
 JENNIFER ARCHER  
 MELISSA RADMER  
 CARA PLISKE  
 GINA METZ  
 ADRIANA ZOKAN  
 DOREEN WESTRICK  
 BRENDA SCHMIDT

GYM  
 LOWER STUDIO  
 CYCLE STUDIO  
 MIND/BODY  
 GYM  
 LOWER STUDIO  
 MIND/BODY  
 LOWER STUDIO  
 LOWER STUDIO  
 LOWER STUDIO  
 MIND/BODY  
 LOWER STUDIO  
 LAP POOL

### FRIDAY

5:45-6:45AM VINYASA YOGA  
 8:15-9:00AM SPIN  
 8:30-9:15AM CARDIO MIX  
 9:15-10:00AM PURE STRENGTH  
 9:30-10:15AM IN BALANCE  
 10:15-11:00AM CORE  
 11:00-11:45AM NEW ENERGY STRENGTH  
 12:00-12:45PM BODYPUMP

CAITLIN MOYER  
 LAURA WILKINS  
 JILL JELINSKI  
 JILL JELINSKI  
 LAURA WILKINS  
 DOREEN WESTRICK  
 MELISSA RADMER  
 GINA METZ

MIND/BODY  
 CYCLE STUDIO  
 LOWER STUDIO  
 LOWER STUDIO  
 MIND/BODY  
 GYM  
 LOWER STUDIO  
 LOWER STUDIO

### SATURDAY

8:00-9:00AM BODYPUMP  
 8:00-9:00AM VINYASA YOGA  
 8:15-9:00AM SPIN  
 8:15-9:00AM AQUA ZUMBA  
 9:00-10:00AM BODYATTACK  
 9:00-9:30AM TOTAL STRETCH  
 9:30-10:00AM CORE & MORE

VARIES  
 KELLY KIRTLEY  
 CARA PLISKE  
 BRENDA SCHMIDT  
 MEGHAN BALLARD  
 CARA PLISKE  
 CARA PLISKE

GYM  
 MIND/BODY  
 CYCLE STUDIO  
 LAP POOL  
 GYM  
 LOWER STUDIO  
 LOWER STUDIO

### WEDNESDAY

5:30-6:30AM BODYPUMP  
 7:30-8:00AM CARDIO BLAST  
 8:15-9:00AM BTS  
 9:15-10:15AM POWER YOGA  
 9:30-10:30AM BODYPUMP  
 9:30-10:30AM CARDIO INTERVAL  
 10:30-11:15AM PILATES FUSION  
 10:30-11:30AM MEDITATION  
 12:00-12:45PM BODYPUMP  
 5:00-5:30PM BUTTS & GUTS  
 5:30-6:15PM SPIN  
 5:30-6:30PM ZUMBA  
 5:30-6:30PM ASHTANGA YOGA

MEGHAN BALLARD  
 JILL JELINSKI  
 JILL JELINSKI  
 ADRIANA ZOKAN  
 DEBBIE NOVAK  
 ADRIENNE SCHOEMANN  
 MELISSA RADMER  
 JIM BAYER  
 MELISSA RADMER  
 CARA PLISKE  
 CARA PLISKE  
 ADRIANA GONZALEZ  
 SANDEEP KAUR

LOWER STUDIO  
 GYM  
 LOWER STUDIO  
 MIND/BODY  
 GYM  
 LOWER STUDIO  
 MIND/BODY  
 STUDIO A  
 LOWER STUDIO  
 LOWER STUDIO  
 CYCLE STUDIO  
 LOWER STUDIO  
 MIND/BODY

### SUNDAY

8:00-9:00AM POWER YOGA  
 8:30-9:30AM BODYPUMP

JANELLE MCCANN  
 DEBBIE NOVAK

MIND/BODY  
 GYM

**PLEASE MAKE YOUR CLASS RESERVATIONS IN THE MEMBER APP.**  
**ALL CLASSES ARE SUBJECT TO A \$10 24-HOUR LATE CANCELLATION FEE AND A \$15 NO-SHOW FEE.**  
**SCHEDULE SUBJECT TO CHANGE. PLEASE CHECK THE MEMBER APP FOR THE MOST ACCURATE, UP-TO-DATE INFO.**





# Mequon

## GROUP EXERCISE CLASS SCHEDULE

### MONDAY

6:00-6:45AM SPIN  
 7:45-8:45AM HOT YOGA  
 8:15-9:00AM BTS  
 9:15-10:15AM HOT YOGA  
 9:45-10:45AM BODYPUMP  
 10:45-11:30AM PILATES MAT 2  
 5:15-6:00PM CORE  
 5:30-6:30PM VINYASA YOGA

LAURA PERZ  
 KIRSTEN HINZ  
 BERNIE FEYRER  
 KIRSTEN HINZ  
 JESSICA PETERSON  
 LAUREN WALTHERS  
 MARISSA BURTCH  
 CORI GUERIN

CYCLE STUDIO  
 MIND/BODY  
 STUDIO A  
 MIND/BODY  
 STUDIO A  
 MIND/BODY  
 STUDIO A  
 MIND/BODY  
 STUDIO A  
 MIND/BODY

### THURSDAY

5:45-6:45AM PURE STRENGTH  
 6:00-6:45AM SPIN  
 6:45-7:15AM RESTORE  
 8:15-9:00AM CORE STRONG  
 9:15-10:00AM BOXING  
 10:15-11:30AM BEGINNER YOGA  
 5:45-6:45PM HOT YOGA  
 6:00-7:00PM BODYPUMP  
 7:00-8:00PM RESTORATIVE YOGA  
 7:15-8:00PM ZUMBA

JEDOTTA DAINSBURG  
 HOLLY FRANCIS  
 HOLLY FRANCIS  
 ELIZA LEWIS  
 JASON LIEGL  
 LORAINNE GHORBANPOOR  
 KENDALL WANGMAN  
 STEPHANIE COLE  
 KENDALL WANGMAN  
 OKSANA ZHELIEZNIK

STUDIO A  
 CYCLE STUDIO  
 MIND/BODY  
 STUDIO A  
 STUDIO A  
 MIND/BODY  
 MIND/BODY  
 STUDIO A  
 MIND/BODY  
 STUDIO A

### TUESDAY

5:45-6:45AM HOT YOGA  
 5:45-6:45AM PURE STRENGTH  
 8:45-9:45AM H2O BLAST  
 9:00-10:00AM BOXING  
 9:00-9:45AM YOGA SCULPT  
 10:00-10:45AM SPIN  
 11:00-11:30AM CORE  
 5:15-6:15PM BODYPUMP  
 5:30-6:30PM HOT YOGA  
 6:30-7:15PM ZUMBA

LIBBIE PRIBEK  
 JEDOTTA DAINSBURG  
 LAURA LENNIE  
 JASON LIEGL  
 SUSAN KOLEAS  
 STEPHANIE COLE  
 STEPHANIE COLE  
 JESSICA PETERSON  
 HEATHER NILL  
 OKSANA ZHELIEZNIK

MIND/BODY  
 STUDIO A  
 LAP POOL  
 STUDIO A  
 MIND/BODY  
 CYCLE STUDIO  
 STUDIO A  
 STUDIO A  
 MIND/BODY  
 STUDIO A

### FRIDAY

6:00-6:45AM SUNRISE STRETCH & BURN FUSION  
 7:45-8:45AM VINYASA YOGA  
 8:45-9:45AM H2O BLAST  
 8:45-9:45AM SILVER STRENGTH  
 9:15-10:00AM SPIN  
 9:15-10:15AM VINYASA YOGA  
 9:45-10:30AM ZUMBA  
 10:30-11:15AM SCULPT EXPRESS  
 12:00-12:45PM CORE

HOLLY FRANCIS  
 KIRSTEN HINZ  
 LAURA LENNIE  
 BECKY DURANTE  
 JASON LIEGL  
 KIRSTEN HINZ  
 BECKY DURANTE  
 BECKY DURANTE  
 STEPHANIE COLE

MIND/BODY  
 MIND/BODY  
 LAP POOL  
 STUDIO A  
 CYCLE STUDIO  
 MIND/BODY  
 STUDIO A  
 STUDIO A  
 STUDIO A

### WEDNESDAY

5:45-6:45AM BODYCOMBAT  
 6:00-6:45AM SPIN  
 6:45-7:15AM RESTORE  
 8:15-9:00AM STEP  
 9:15-10:15AM BODYPUMP  
 9:15-10:15AM HOT YOGA  
 5:30-6:30PM H2O BLAST  
 5:30-6:15PM CORE STRONG  
 6:30-7:15PM BARRE

AMY HALL  
 HOLLY FRANCIS  
 HOLLY FRANCIS  
 BERNIE FEYRER  
 STEVE BRONIKOWSKI  
 SUSAN KOLEAS  
 KENDALL WANGMAN  
 ELIZA LEWIS  
 DAWN ALIOTA

STUDIO A  
 CYCLE STUDIO  
 MIND/BODY  
 STUDIO A  
 STUDIO A  
 MIND/BODY  
 LAP POOL  
 STUDIO A  
 STUDIO A

### SATURDAY

8:15-9:00AM BARRE  
 8:15-9:15AM SPIN  
 9:15-10:15AM VINYASA YOGA  
 9:45-10:45AM BODYPUMP

DAWN ALIOTA  
 JASON LIEGL  
 ELVA ROMO/ANNE BALENTINE  
 JESSICA PETERSON

STUDIO A  
 CYCLE STUDIO  
 MIND/BODY  
 STUDIO A

### SUNDAY

8:30-9:30AM SPIN  
 9:00-10:15AM YOGA FOUNDATIONS  
 9:00-9:45AM BODYPUMP  
 9:45-10:30AM CORE  
 11:00-12:00PM HATHA YOGA

STEPHANIE COLE  
 HEATHER NILL  
 MARISSA BURTCH  
 STEPHANIE COLE  
 DANIELA SOLOMON

CYCLE STUDIO  
 MIND/BODY  
 STUDIO A  
 STUDIO A  
 MIND/BODY

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# North Shore

## GROUP EXERCISE CLASS SCHEDULE

### MONDAY

5:45-6:30AM	PILATES MAT II	AMY HALL	STUDIO A
8:15-9:00AM	SPIN	ELLEN NAGY	STUDIO B
8:30-9:30AM	BODYPUMP	AMY HALL	GYM
9:30-10:30AM	YOGA MOBILITY FLOW	KRISTIN WILLIAMS	STUDIO A
5:15-6:00PM	CARDIO INTERVAL	AMY HALL	STUDIO A
6:15-7:00PM	PILATES MAT I	KIARA CHILDS	STUDIO A

### TUESDAY

5:45-6:30AM	BOOTCAMP	DOUG DESSECKER	GYM
8:15-9:00AM	PILATES MAT II	AMY HALL	STUDIO A
9:15-10:15AM	SPIN FUSION	CHRISTINE MCBRIDE	STUDIO B
11:45-1:00PM	LEVEL 1-2 YOGA	LORRAINE GHORBANPOOR	STUDIO A
5:45-6:45PM	BODYPUMP	AMANDA GOSS	GYM

### WEDNESDAY

8:15-9:15AM	SPIN	JOHN BOLGER	STUDIO B
8:30-9:30AM	HIIT & CORE	AMY HALL	GYM
9:15-10:15AM	VINYASA YOGA	AMY CUNNINGHAM	STUDIO A
9:45-10:30AM	BODYPUMP	BRUNI KOELLER	GYM
10:30-11:30AM	GENTLE YOGA	ANNE BALENTINE	STUDIO A
5:15-6:00PM	HIIT	JESSICA PETERSON	GYM
5:30-6:45PM	HATHA YOGA	POORNIMA PRADEEP	STUDIO A
6:00-6:30PM	SPIN EXPRESS	ERIN BECKER	STUDIO B

### THURSDAY

5:45-6:45AM	BODYPUMP	AMY HALL	GYM
8:30-9:15AM	BTS	AMY HALL	GYM
9:15-10:15AM	HOT YOGA	KIRSTEN HINZ	STUDIO A
9:30-10:15AM	CARDIO INTERVAL	AMY HALL	GYM

### FRIDAY

5:45-6:30AM	SPIN	ERIN BECKER	STUDIO B
5:45-6:30AM	HIIT & CORE	AMY HALL	GYM
8:15-9:15AM	SPIN	JOHN BOLGER	STUDIO B
8:30-9:30AM	TOTAL BODY CIRCUITS	KATIE MUELLENBACH	GYM
9:15-10:15AM	VINYASA YOGA	KATHI CASTLE	STUDIO A

### SATURDAY

7:45-8:45AM	VINYASA YOGA	KIRSTEN HINZ	STUDIO A
8:00-8:45AM	SPIN	JEFFREY JEANPIERRE	STUDIO B
8:15-9:00AM	BODYPUMP	LIZ RODRIGUEZ	GYM
9:15-10:15AM	VINYASA YOGA	KIRSTEN HINZ	STUDIO A

### SUNDAY

9:00-10:00AM	BODYPUMP	STEVE BRONIKOWSKI	GYM
9:15-10:30AM	HATHA YOGA	POORNIMA PRADEEP	STUDIO A
10:15-11:15AM	BODYCOMBAT	STEVE BRONIKOWSKI	GYM

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# River Glen

## GROUP EXERCISE CLASS SCHEDULE

### MONDAY

6:15-7:15AM	S3	MELISSA ABRAMOVICH	UPPER STUDIO
7:30-8:00AM	BARRE	SANDY BYRNE	DANCE STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:30-10:30AM	ZUMBA	MARLA PRIMACK	UPPER STUDIO
9:30-10:15AM	H2O BLAST	MEGAN KRAUS	LAP POOL
9:30-10:30AM	PILATES MAT 1	CHASE BELL	LOWER STUDIO
10:00-10:45AM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
10:30-11:00AM	CORE STRONG	MARLA PRIMACK	UPPER STUDIO
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	NICOLE PEARSON	WARM POOL
5:45-6:45AM	HOT YOGA	KATHI CASTLE	LOWER STUDIO
5:45-6:45PM	STEP FUSION	JANE ZIEN	UPPER STUDIO

### TUESDAY

6:15-7:00AM	BTS	NEILA BOND	UPPER STUDIO
8:15-9:00AM	SPIN	JEFFREY JEANPIERRE	CYCLE STUDIO
9:00-9:30AM	CORE	EVA BROOKS	UPPER STUDIO
9:15-10:15AM	HOT YOGA	POORNIMA PRADEEP	LOWER STUDIO
9:30-10:00AM	BARRE FUSION	EVA BROOKS	UPPER STUDIO
9:30-10:30AM	H2O BLAST	BECKY DURANTE	LAP POOL
10:30-11:30AM	MEDITATION	JIM BAYER	LOWER STUDIO
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	JOANN JACKSON	WARM POOL
5:30-6:15PM	SPIN	ELLEN NAGY	CYCLE STUDIO
5:45-6:45PM	CS60	KATHERINE GOBERMAN	UPPER STUDIO

### WEDNESDAY

6:15-7:00AM	S3	MELISSA ABRAMOVICH	UPPER STUDIO
7:30-8:00AM	BARRE	SANDY BYRNE	DANCE STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
8:30-9:30AM	TOTAL BODY CIRCUITS	KATIE MUELLENBACH	UPPER STUDIO
9:30-10:30AM	VINYASA YOGA	ALISSA PRATER	LOWER STUDIO
9:30-10:30AM	H2O BLAST	MEGAN KRAUS	LAP POOL
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
5:30-6:30PM	FUNCTIONAL POWER YOGA	KRISTIN WILLIAMS	LOWER STUDIO

### THURSDAY

8:15-9:00AM	SPIN	JEFFREY JEANPIERRE	CYCLE STUDIO
9:15-10:15AM	BODY COMBAT	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	ZUMBA	DANIELLE SECTZER-WAGNER	LOWER STUDIO
9:30-10:30AM	H2O BLAST	CRAIG CHARLTON	LAP POOL
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
12:00-12:45PM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
5:45-6:30PM	ZUMBA	JANE ZIEN	UPPER STUDIO

### FRIDAY

6:00-6:45AM	PILATES MAT II	MELISSA ABRAMOVICH	LOWER STUDIO
7:30-8:00AM	PILATES MAT I	SANDY BYRNE	LOWER STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:15-10:15AM	BODY PUMP	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	BARRE	AMY CUNNINGHAM	DANCE STUDIO
9:30-10:30AM	H2O BLAST	NICOLE PEARSON	LAP POOL
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	NICOLE PEARSON	WARM POOL

### SATURDAY

8:15-9:15AM	KICK AND TONE	MELISSA ABRAMOVICH	UPPER STUDIO
9:15-10:15AM	AQUA ZUMBA	BOBBIE MCCAIN	LAP POOL
9:30-10:15AM	SPIN	MELISSA ABRAMOVICH	CYCLE STUDIO
9:30-10:30AM	ZUMBA	JANE ZIEN	LOWER STUDIO
9:30-10:00AM	CORE	AMY HALL	UPPER STUDIO
10:00-10:45AM	BODYCOMBAT	AMY HALL	UPPER STUDIO

### SUNDAY

8:30-9:15AM	PILATES MAT 1	CHASE BELL	LOWER STUDIO
9:00-10:00AM	HATHA YOGA	DANIELA SOLOMAN	LOWER STUDIO
10:00-11:00AM	HIIT & STRENGTH	DANIELLE HAWI	UPPER STUDIO

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