elite sports clubs

Brookfield

GROUP EXERCISE CLASS SCHEDULE

MONDAY

SPIN	SPIN STUDIO	5:45 AM-45 MIN	DEBBIE KLIMKO
BTS	GYM	8:15 AM-45 MIN	JILL JELINSKI
BODYPUMP	LOWER STUDIO	8:45 AM-45 MIN	MELISSA RADMER
CARDIO BLAST	GYM	9:15 AM-30 MIN	JILL JELINSKI
KICKBOXING	GYM	9:45 AM-60 MIN	ADRIENNE SCHOEMANN
NEW ENERGY STRENGTH	LOWER STUDIO	10:00 AM-45 MIN	JILL JELINSKI
PURE STRENGTH	LOWER STUDIO	12:00 PM-45 MIN	MELISSA RADMER
BODY STEP EXPRESS	LOWER STUDIO	4:45 PM-30 MIN	DEBBIE NOVAK
SPIN	SPIN STUDIO	5:00 PM-45 MIN	CARA PLISKIE
BODYPUMP	LOWER STUDIO	5:15 PM-60 MIN	DEBBIE NOVAK
ZUMBA	STUDIO A	5:30 PM-60 MIN	ADRIANA GONZALEZ
EXPRESS STRETCH & CORE	MIND/BODY	5:45 PM-30 MIN	CARA PLISKIE

TUESDAY

BOOT CAMP	GYM	5:30 AM-60 MIN	AMY SCHEIDT
BODY STEP	LOWER STUDIO	8:30 AM-45 MIN	DEBBIE NOVAK
SPIN	SPIN STUDIO	8:30 AM-60 MIN	MELISSA RADMER
VINYASA YOGA	MIND/BODY	9:00 AM-60 MIN	JENNIFER ARCHER
PILATES MAT I	LOWER STUDIO	9:30 AM-60 MIN	MELISSA RADMER
BODYATTACK	GYM	9:30 AM-60 MIN	KIM PADGETT
BEGINNER YOGA	MIND/BODY	10:15 AM-60 MIN	JENNIFER ARCHER
LIFE FIT	LOWER STUDIO	11:00 AM-45 MIN	MELISSA RADMER
BUTTS & GUTS	LOWER STUDIO	12:00 PM-30 MIN	CARA PLISKIE
BURN & FIRM	LOWER STUDIO	5:15 PM-60 MIN	JILL JELINSKI
AQUA ZUMBA	POOL	6:15 PM-45 MIN	BRENDA SCHMIDT

WEDNESDAY

CARDIO BLAST	GYM	7:30 AM-30 MIN	JILL JELINSKI
BTS	LOWER STUDIO	8:15 AM-45 MIN	JILL JELINSKI
CARDIO INTERVAL	LOWER STUDIO	9:15 AM-60 MIN	DEBBIE KLIMKO
POWER YOGA	MIND/BODY	9:15 AM-60 MIN	ADRIANA ZOKAN
BODYPUMP	GYM	9:30 AM-60 MIN	KIM PADGETT
PILATES FUSION	MIND/BODY	10:30 AM-45 MIN	MELISSA RADMER
CORE	LOWER STUDIO	10:45 AM-30 MIN	KIM PADGETT
BODYPUMP	LOWER STUDIO	12:00 PM-45 MIN	MELISSA RADMER
BUTTS & GUTS	LOWER STUDIO	4:45 PM-30 MIN	CARA PLISKIE
SPIN	SPIN STUDIO	5:30 PM-45 MIN	CARA PLISKIE
VINYASA YOGA	MIND/BODY	5:30 PM-60 MIN	ADRIANA ZOKAN
ZUMBA	LOWER STUDIO	5:30 PM-60 MIN	ADRIANA GONZALEZ

THURSDAY

BOOT CAMP	GYM	5:30 AM-60 MIN	AMY SCHEIDT
PILATES MAT II	MIND/BODY	7:45 AM-60 MIN	MELISSA RADMER
CORE STRONG	LOWER STUDIO	8:15 AM-45 MIN	JILL JELINSKI
VINYASA YOGA	MIND/BODY	9:00 AM-60 MIN	JENNIFER ARCHER
STRENGTH CIRCUIT	GYM	9:15 AM-45 MIN	CARA PLISKIE
BEGINNER YOGA	MIND/BODY	10:15 AM-60 MIN	JENNIFER ARCHER
SPIN EXPRESS	SPIN STUDIO	10:15 AM-30 MIN	CARA PLISKIE
BALANCE & RESTORE	LOWER STUDIO	10:30 AM-60 MIN	MELISSA RADMER
MOMMY & ME YOGA	MIND/BODY	10:45 AM-30 MIN	CARA PLISKIE
STEP EXPRESS	LOWER STUDIO	4:45 PM-30 MIN	DEBBIE NOVAK
HOT YOGA	MIND/BODY	5:30 PM-60 MIN	ADRIANA ZOKAN
BODYPUMP	LOWER STUDIO	5:15 PM-60 MIN	DEBBIE NOVAK

FRIDAY

VINYASA YOGA	MIND/BODY	5:45 AM-60 MIN	CAITLIN MOYER
SPIN	SPIN STUDIO	8:15 AM-45 MIN	LAURA WILKINS
BODY STEP	LOWER STUDIO	8:15 AM-60 MIN	DEBBIE KLIMKO
BURN & FIRM	GYM	8:45 AM-60 MIN	JILL JELINSKI
BODYPUMP	LOWER STUDIO	9:15 AM-45 MIN	DEBBIE KLIMKO
IN BALANCE	MIND/BODY	9:30 AM-45 MIN	LAURA WILKINS
NEW ENERGY STRENGTH	LOWER STUDIO	11:00 AM-45 MIN	MELISSA RADMER
CORE STRONG	MIND/BODY	11:00 AM-45 MIN	JILL JELINSKI

SATURDAY

BODYPUMP	GYM	8:00 AM-60 MIN	ROTATING INSTRUCTOR
VINYASA YOGA	MIND/BODY	8:00 AM-60 MIN	KELLY KIRTLEY
SPIN	SPIN STUDIO	8:15 AM-45 MIN	CARA PLISKIE
BODYATTACK	GYM	9:00 AM-60 MIN	KIM PADGETT
AQUA ZUMBA	POOL	8:15AM-45 MIN	BRENDA SCHMIDT
TOTAL STRETCH	MIND/BODY	9:15AM-30 MIN	CARA PLISKIE
CORE & MORE	MIND/BODY	9:45AM-30MIN	CARA PLISKIE

SUNDAY

POWER YOGA	MIND/BODY	8:00 AM-60 MIN	JANELLE MCCANN
BODYPUMP	GYM	8:30 AM-60 MIN	DEBBIE NOVAK

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.

elite SPORTS CLUBS

Mequon

GROUP EXERCISE CLASS SCHEDULE

MONDAY

7:45-8:45AM	HOT YOGA	KIRSTEN HINZ	MIND/BODY
8:15-9:00AM	BTS	BERNIE FEYRER	STUDIO A
8:45-9:45AM	H2O BLAST	SUSIE AEPPLER	LAP POOL
9:15-10:15AM	HOT YOGA	KIRSTEN HINZ	MIND/BODY
9:45-10:45AM	BODYPUMP	JESSICA PETERSON	STUDIO A
5:00-5:30PM	CORE	MARISSA BURTCH	STUDIO A
5:45-6:45PM	BODYCOMBAT	BRUNI KOELLER	STUDIO A

TUESDAY

5:45-6:45AM	PURE STRENGTH	JEDOTTA DAINSBERG	STUDIO A
8:00-8:45AM	ZUMBA	BRITTANY VULICH	STUDIO A
8:45-9:45AM	H2O BLAST	LAURA LENNIE	LAP POOL
9:00-10:00AM	BOXING	JASON LIEGL	STUDIO A
9:15-10:00AM	YOGA SCULPT	AMY CUNNINGHAM	MIND/BODY
5:15-6:15PM	BODYPUMP	JESSICA PETERSON	STUDIO A
5:45-6:45PM	HOT YOGA	HEATHER NILL	MIND/BODY
6:30-7:15PM	ZUMBA	BRITTANY VULICH	STUDIO A

WEDNESDAY

5:45-6:45AM	BODYCOMBAT	AMY HALL	STUDIO A
6:00-6:45AM	SPIN	HOLLY FRANCIS	CYCLE STUDIO
6:45-7:15AM	RESTORE	HOLLY FRANCIS	MIND/BODY
8:15-9:00AM	STEP	BERNIE FEYRER	STUDIO A
8:45-9:30AM	H2O DANCE	RACHEL MILLS	LAP POOL
9:15-10:15AM	BODYPUMP	STEVE BRONIKOWSKI	STUDIO A
9:15-10:15AM	HOT YOGA	SUSAN KOLEAS	MIND/BODY
5:30-6:30PM	VINYASA YOGA	CORI GUERIN	MIND/BODY
5:30-6:15PM	CORE STRONG	ELIZA LEWIS	STUDIO A
5:45-6:45PM	H2O BLAST	KENDALL WANGMAN	LAP POOL
6:30-7:15PM	BARRE	DAWN ALIOTA	STUDIO A

THURSDAY

6:00-6:45AM	SPIN	HOLLY FRANCIS	CYCLE STUDIO
6:45-7:15AM	RESTORE	HOLLY FRANCIS	MIND/BODY
8:15-9:00AM	CORE STRONG	ELIZA LEWIS	STUDIO A
8:30-9:15AM	PILATES MAT	CASSIE CARLSON	MIND/BODY
9:15-10:00AM	BOXING	JASON LIEGL	STUDIO A
10:15-11:30AM	BEGINNER YOGA	LORAINNE G	MIND/BODY
5:45-6:45PM	HOT YOGA	KENDALL WANGMAN	MIND/BODY
6:00-7:00PM	BODYPUMP	STEPHANIE COLE	STUDIO A
7:00-8:00PM	YOGA FOR ATHLETES	KENDALL WANGMAN	MIND/BODY

FRIDAY

6:00-6:45AM	SUNRISE STRETCH & BURN FUSION	HOLLY FRANCIS	MIND/BODY
7:45-8:45AM	VINYASA YOGA	KIRSTEN HINZ	MIND/BODY
8:45-9:30AM	HIIT & STRENGTH	JESSICA PETERSON	STUDIO A
8:45-9:45AM	H2O BLAST	LAURA LENNIE	LAP POOL
9:15-10:00AM	SPIN	JASON LIEGL	CYCLE STUDIO
9:15-10:15AM	VINYASA YOGA	KIRSTEN HINZ	MIND/BODY
9:45-10:30AM	ZUMBA	BECKY DURANTE	STUDIO A
10:30-11:15AM	SCULPT EXPRESS	BECKY DURANTE	STUDIO A

SATURDAY

8:15-9:00AM	BARRE	DAWN ALIOTA	STUDIO A
8:15-9:15AM	SPIN	JASON LIEGL	CYCLE STUDIO
9:15-10:15AM	VINYASA YOGA	ELVA ROMO/ANNE BALENTINE	MIND/BODY
9:45-10:45AM	BODYPUMP	JESSICA PETERSON	STUDIO A

SUNDAY

8:30-9:30AM	SPIN	STEPHANIE COLE	CYCLE STUDIO
9:00-10:15AM	HATHA YOGA	HEATHER NILL	MIND/BODY
9:00-9:45AM	BODYPUMP	MARISSA BURTCH	STUDIO A
9:45-10:30AM	CORE	STEPHANIE COLE	STUDIO A

PLEASE MAKE YOUR CLASS RESERVATIONS IN THE MEMBER APP.

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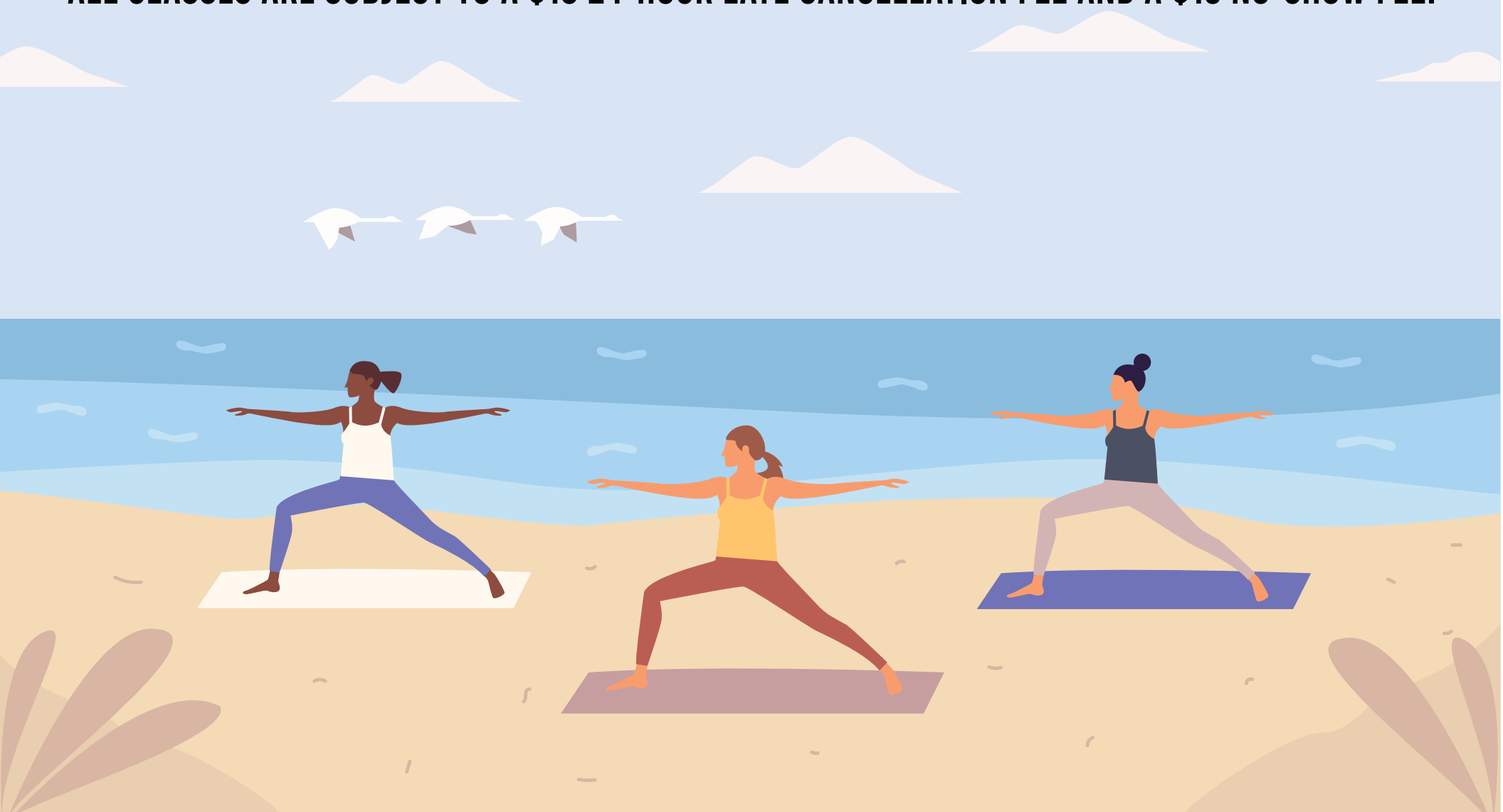

elite sports clubs

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
9:45-10:30AM	BODYCOMBAT	AMY HALL	GYM
11:30-12:15PM	YOGA SCULPT	AMY CUNNINGHAM	STUDIO A
5:15-6:00PM	CARDIO INTERVAL	AMY HALL	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
5:30-6:45PM	HATHA YOGA	POORNIMA PRADEEP	STUDIO A
6:15-6:45PM	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
6:00-6:45PM	BARRE	DANA DIEDRICH	BARRE

FRIDAY

5:45-6:30AM	SPIN	ERIN BECKER	STUDIO B
8:15-9:15AM	SPIN	JOHN BOLGER	STUDIO B
8:15-9:00AM	CARDIO SCULPT	ANGIE HOEHNEN	STUDIO A
9:15-10:15AM	VINYASA YOGA	KATHI CASTLE	STUDIO A

SATURDAY

7:45-8:45AM	POWER YOGA	KIRSTEN HINZ	STUDIO A
8:15-9:00AM	BODYPUMP	AMY HALL	GYM
9:15-10:15AM	POWER 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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elite sports clubs

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
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
5:45-6:45PM	HOT YOGA	KATHI CASTLE	LOWER STUDIO
5:45-6:45PM	STEP	JANE ZIEN	UPPER STUDIO

TUESDAY

6:00-6:45AM	SPIN	LAURA PERZ	CYCLE STUDIO
8:45-9:15AM	LES MILLS CORE	EVA BROOKS	UPPER STUDIO
9:15-10:15AM	HOT YOGA	HALEY FUHR	LOWER STUDIO
9:30-10:15AM	CARDIO SCULPT	AMY HALL	UPPER STUDIO
9:30-10:30AM	H2O BLAST	BECKY DURANTE	LAP POOL
10:30-11:15AM	PILATES MAT II	AMY HALL	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
6:00-7:00PM	VINYASA YOGA	VARIES	LOWER 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
9:30-10:30AM	H2O BLAST	NICOLE PEARSONLAP	POOL
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
5:45-6:45PM	CS60	KATHERINE GOBERMAN	UPPER STUDIO

THURSDAY

6:00-6:45AM	KICKBOXING	MELISSA ABRAMOVICH	UPPER STUDIO
9:15-10:15AM	BODYCOMBAT	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	ZUMBA	DANIELLE SECTZER-WAGNER	LOWER STUDIO
9:30-10:15AM	H2O BLAST	CRAIG CHARLTON	LAP POOL
10:30-11:30AM	VINYASA YOGA	EMILY KIRCHOFF	LOWER STUDIO
10:30 11:00AM	INTRO TO LAP SWIMMING	MEGAN KRAUS	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	LOWER STUDIO

FRIDAY

6:00-6:45AM	BARRE	AMY CUNNINGHAM	DANCE STUDIO
7:30-8:00AM	PILATES MAT I	SANDY BYRNE	LOWER STUDIO
8:15-9:00AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
8:30-9:00AM	SPIN EXPRESS	AMY HALL	CYCLE STUDIO
9:15-10:15AM	BODYPUMP	AMY HALL	UPPER STUDIO
9:30-10:15AM	BARRE	AMY CUNNINGHAM	DANCE STUDIO
9:30-10:30AM	H2O BLAST	NICOLE PEARSON	LAP POOL
10:30-11:30AM	VINYASA YOGA	AMY CUNNINGHAM	LOWER STUDIO
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
10:00-11:00AM	BODYCOMBAT	AMY HALL	UPPER STUDIO

SUNDAY

9:00-10:00AM	HATHA YOGA	DANIELA SOLOMAN	LOWER STUDIO
10:00-11:00AM	HIIT & STRENGTH	DANIELLE HAWI	UPPER STUDIO

PLEASE MAKE YOUR CLASS RESERVATIONS IN THE MEMBER APP.

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