



Brookfield

GROUP EXERCISE CLASS SCHEDULE

MONDAY

SPIN	SPIN STUDIO	5:45 AM-45 MIN
BTS	GYM	8:15 AM-45 MIN
BODYPUMP	LOWER STUDIO	8:45 AM-45 MIN
CARDIO BLAST	GYM	9:15 AM-30 MIN
KICKBOXING	GYM	9:45 AM-60 MIN
NEW ENERGY STRENGTH	LOWER STUDIO	10:00 AM-45 MIN
PURE STRENGTH	LOWER STUDIO	12:00 PM-45 MIN
BODY STEP EXPRESS	LOWER STUDIO	4:45 PM-30 MIN
SPIN	SPIN STUDIO	5:00 PM-45 MIN
BODYPUMP	LOWER STUDIO	5:15 PM-60 MIN
ZUMBA	STUDIO A	5:30 PM-60 MIN
EXPRESS STRETCH & CORE	MIND/BODY	5:45 PM-30 MIN

TUESDAY

BOOT CAMP	GYM	5:30 AM-60 MIN
BODY STEP	LOWER STUDIO	8:30 AM-45 MIN
SPIN	SPIN STUDIO	8:30 AM-60 MIN
VINYASA YOGA	MIND/BODY	9:00 AM-60 MIN
PILATES MAT I	LOWER STUDIO	9:30 AM-60 MIN
BODYATTACK	GYM	9:30 AM-60 MIN
BEGINNER YOGA	MIND/BODY	10:15 AM-60 MIN
LIFE FIT	LOWER STUDIO	11:00 AM-45 MIN
BUTTS & GUTS	LOWER STUDIO	12:00 PM-30 MIN
BURN & FIRM	LOWER STUDIO	5:15 PM-60 MIN
AQUA ZUMBA	POOL	6:15 PM-45 MIN

WEDNESDAY

CARDIO BLAST	GYM	7:30 AM-30 MIN
BTS	LOWER STUDIO	8:15 AM-45 MIN
CARDIO INTERVAL	LOWER STUDIO	9:15 AM-60 MIN
POWER YOGA	MIND/BODY	9:15 AM-60 MIN
BODYPUMP	GYM	9:30 AM-60 MIN
PILATES FUSION	MIND/BODY	10:30 AM-45 MIN
CORE	LOWER STUDIO	10:45 AM-30 MIN
BODYPUMP	LOWER STUDIO	12:00 PM-45 MIN
BUTTS & GUTS	LOWER STUDIO	4:45 PM-30 MIN
SPIN	SPIN STUDIO	5:30 PM-45 MIN
VINYASA YOGA	MIND/BODY	5:30 PM-60 MIN
ZUMBA	LOWER STUDIO	5:30 PM-60 MIN

DEBBIE KLIMKO
JILL JELINSKI
MELISSA RADMER
JILL JELINSKI
ADRIENNE SCHOEMANN
JILL JELINSKI
MELISSA RADMER
DEBBIE NOVAK
CARA PLISKIE
DEBBIE NOVAK
ADRIANA GONZALEZ
CARA PLISKIE

AMY SCHEIDT
DEBBIE NOVAK
MELISSA RADMER
JENNIFER ARCHER
MELISSA RADMER
KIM PADGETT
JENNIFER ARCHER
MELISSA RADMER
CARA PLISKIE
JILL JELINSKI
BRENDA SCHMIDT

JILL JELINSKI
JILL JELINSKI
DEBBIE KLIMKO
ADRIANA ZOKAN
KIM PADGETT
MELISSA RADMER
KIM PADGETT
MELISSA RADMER
CARA PLISKIE
CARA PLISKIE
ADRIANA ZOKAN
ADRIANA GONZALEZ

THURSDAY

BOOT CAMP	GYM	5:30 AM-60 MIN
PILATES MAT II	MIND/BODY	7:45 AM-60 MIN
CORE STRONG	LOWER STUDIO	8:15 AM-45 MIN
VINYASA YOGA	MIND/BODY	9:00 AM-60 MIN
STRENGTH CIRCUIT	GYM	9:15 AM-45 MIN
BEGINNER YOGA	MIND/BODY	10:15 AM-60 MIN
SPIN EXPRESS	SPIN STUDIO	10:15 AM-30 MIN
BALANCE & RESTORE	LOWER STUDIO	10:30 AM-60 MIN
MOMMY & ME YOGA	MIND/BODY	10:45 AM-30 MIN
STEP EXPRESS	LOWER STUDIO	4:45 PM-30 MIN
HOT YOGA	MIND/BODY	5:30 PM-60 MIN
BODYPUMP	LOWER STUDIO	5:15 PM-60 MIN

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

FRIDAY

VINYASA YOGA	MIND/BODY	5:45 AM-60 MIN
SPIN	SPIN STUDIO	8:15 AM-45 MIN
BODY STEP	LOWER STUDIO	8:15 AM-60 MIN
BURN & FIRM	GYM	8:45 AM-60 MIN
BODYPUMP	LOWER STUDIO	9:15 AM-45 MIN
IN BALANCE	MIND/BODY	9:30 AM-45 MIN
NEW ENERGY STRENGTH	LOWER STUDIO	11:00 AM-45 MIN
CORE STRONG	MIND/BODY	11:00 AM-45 MIN

CAITLIN MOYER
LAURA WILKINS
DEBBIE KLIMKO
JILL JELINSKI
DEBBIE KLIMKO
LAURA WILKINS
MELISSA RADMER
JILL JELINSKI

SATURDAY

BODYPUMP	GYM	8:00 AM-60 MIN
VINYASA YOGA	MIND/BODY	8:00 AM-60 MIN
SPIN	SPIN STUDIO	8:15 AM-45 MIN
BODYATTACK	GYM	9:00 AM-60 MIN
AQUA ZUMBA	POOL	8:15AM-45 MIN
TOTAL STRETCH	MIND/BODY	9:15AM-30 MIN
CORE & MORE	MIND/BODY	9:45AM-30MIN

ROTATING INSTRUCTOR
KELLY KIRTLEY
CARA PLISKIE
KIM PADGETT
BRENDA SCHMIDT
CARA PLISKIE
CARA PLISKIE

SUNDAY

POWER YOGA	MIND/BODY	8:00 AM-60 MIN
BODYPUMP	GYM	8:30 AM-60 MIN

JANELLE MCCANN
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.

