



Mequon

GROUP EXERCISE CLASS SCHEDULE

MONDAY

7:45-8:45AM HOT YOGA
8:15-9:00AM BTS
8:45-9:45AM H2O BLAST
9:15-10:15AM HOT YOGA
9:45-10:45AM BODY PUMP
10:30-11:15AM PILATES MAT 2
5:00-5:30PM CORE
5:30-6:30PM VINYASA YOGA
5:45-6:15PM SPIN EXPRESS

KIRSTEN HINZ
BERNIE FEYRER
SUSIE AEPPLER
KIRSTEN HINZ
JESSICA PETERSON
LAUREN WALTHERS
MARISSA BURTCH
CORI GUERIN
MARISSA BURTCH

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

TUESDAY

5:45-6:45AM PURE STRENGTH
8:00-8:45AM ZUMBA
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 BODY PUMP
5:30-6:30PM HOT POWER YOGA
6:30-7:15PM ZUMBA

JEDOTTA DAINSBURG
OKSANA ZHELIEZNIK
LAURA LENNIE
JASON LIEGL
AMY CUNNINGHAM
STEPHANIE COLE
STEPHANIE COLE
JESSICA PETERSON
HEATHER NILL
OKSANA ZHELIEZNIK

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

WEDNESDAY

5:45-6:45AM BODY COMBAT
6:00-6:45AM SPIN
6:45-7:15AM RESTORE
8:15-9:00AM STEP
9:15-10:15AM BODY PUMP
9:15-10:15AM HOT YOGA
4:30-5:15PM BEGINNER YOGA
5:30-6:30PM 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
PAULA BIENIEWSKI
PAULA BIENIEWSKI
KENDALL WANGMAN
ELIZA LEWIS
DAWN ALIOTA

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

THURSDAY

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 BODY PUMP
7:00-8:00PM RESTORATIVE YOGA

HOLLY FRANCIS
HOLLY FRANCIS
ELIZA LEWIS
JASON LIEGL
LORAINNE GHORBANPOOR
KENDALL WANGMAN
STEPHANIE COLE
KENDALL WANGMAN

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

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

SATURDAY

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

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 BODY PUMP
9:45-10:30AM CORE
11:00-12:00PM HATHA YOGA

STEPHANIE COLE CYCLE
HEATHER NILL
MARISSA BURTCH
STEPHANIE COLE
DANIELA SOLOMON

STUDIO
MIND/BODY
STUDIO A
STUDIO A
MIND/BODY

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.

