



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

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.

