



Brookfield

GROUP EXERCISE CLASS SCHEDULE

MONDAY

SPIN
BTS
BODYPUMP
CARDIO BLAST
KICKBOXING
NEW ENERGY STRENGTH
PURE STRENGTH
BODY STEP EXPRESS
SPIN
BODYPUMP
PILATES MAT I

SPIN STUDIO 6:00 AM-45 MIN
LOWER STUDIO 8:15 AM-45 MIN
GYM 8:45 AM-45 MIN
LOWER STUDIO 9:15 AM-30 MIN
GYM 9:45 AM-60 MIN
LOWER STUDIO 10:00 AM-45 MIN
LOWER STUDIO 12:00 PM-45 MIN
LOWER STUDIO 4:45 PM-30 MIN
SPIN STUDIO 5:30 PM-60 MIN
LOWER STUDIO 5:30 PM-60 MIN
MIND/BODY 5:30 PM-45 MIN

DEBBIE KLIMKO
JILL JELINSKI
MELISSA RADMER
JILL JELINSKI
ADRIENNE SCHOEMANN
JILL JELINSKI
MELISSA RADMER
DEBBIE NOVAK
AMY DOBSON
DEBBIE NOVAK
MELISSA RADMER

THURSDAY

BOOT CAMP
PILATES MAT II
CORE STRONG
VINYASA YOGA
STRENGTH CIRCUIT
BODY STEP
AQUA TABATA
BEGINNER YOGA
SPIN EXPRESS
BALANCE & RESTORE
ZUMBA
HOT MIXED LEVEL VINYASA

GYM 5:45 AM-60 MIN
MIND/BODY 7:45 AM-60 MIN
LOWER STUDIO 8:15 AM-45 MIN
MIND/BODY 9:00 AM-60 MIN
GYM 9:15 AM-45 MIN
LOWER STUDIO 9:15 AM-60 MIN
POOL 10:00 AM-45 MIN
MIND/BODY 10:15 AM-60 MIN
SPIN STUDIO 10:15 AM-30 MIN
LOWER STUDIO 10:30 AM-60 MIN
LOWER STUDIO 5:15 PM-60 MIN
MIND/BODY 5:30 PM-60 MIN

AMY SCHEIDT
MELISSA RADMER
JILL JELINSKI
JENNIFER STEEGER
CARA PLISKIE
DEBBIE NOVAK
JUDITH MOONEY
JENNIFER STEEGER
CARA PLISKIE
MELISSA RADMER
ADRIANA GONZALEZ
JENNIFER STEEGER

TUESDAY

BOOT CAMP
BODY STEP
SPIN
VINYASA YOGA
PILATES MAT I
BODYATTACK
BEGINNER YOGA
LIFE FIT
BUTTS & GUTS
BURN & FIRM
VINYASA YOGA
AQUA ZUMBA

GYM 5:45 AM-60 MIN
LOWER STUDIO 8:30 AM-45 MIN
SPIN STUDIO 8:30 AM-60 MIN
MIND/BODY 9:00 AM-60 MIN
LOWER STUDIO 9:30 AM-60 MIN
GYM 9:30 AM-60 MIN
MIND/BODY 10:15 AM-60 MIN
LOWER STUDIO 11:00 AM-45 MIN
LOWER STUDIO 12:00 PM-30 MIN
LOWER STUDIO 5:15 PM-60 MIN
MIND/BODY 5:30 PM-30 MIN
POOL 6:15 PM-45 MIN

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

FRIDAY

VINYASA YOGA
SPIN
BODY STEP
BURN & FIRM
BODYPUMP
IN BALANCE
HIIT
NEW ENERGY STRENGTH
CORE STRONG

MIND/BODY 5:45 AM-60 MIN
SPIN STUDIO 8:15 AM-45 MIN
LOWER STUDIO 8:15 AM-60 MIN
GYM 8:45 AM-60 MIN
LOWER STUDIO 9:15 AM-45 MIN
MIND/BODY 9:30 AM-45 MIN
LOWER STUDIO 10:15 AM-30 MIN
LOWER STUDIO 11:00 AM-45 MIN
MIND/BODY 11:00 AM-45 MIN

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

WEDNESDAY

VINYASA YOGA
CARDIO BLAST
BTS
CARDIO INTERVAL
VINYASA YOGA
BODYPUMP
PILATES FUSION
BODYPUMP
BUTTS & GUTS
SPIN
BODYPUMP
VINYASA YOGA

MIND/BODY 5:45 AM-60 MIN
LOWER STUDIO 7:30 AM-30 MIN
LOWER STUDIO 8:15 AM-45 MIN
LOWER STUDIO 9:15 AM-60 MIN
MIND/BODY 9:15 AM-60 MIN
GYM 9:30 AM-60 MIN
MIND/BODY 10:30 AM-45 MIN
LOWER STUDIO 12:00 PM-45 MIN
LOWER STUDIO 4:45 PM-30 MIN
SPIN STUDIO 5:30 PM-45 MIN
LOWER STUDIO 5:30 PM-60 MIN
MIND/BODY 5:30 PM-60 MIN

AMY GARDNER
JILL JELINSKI
JILL JELINSKI
DEBBIE KLIMKO
ADRIANA ZOKAN
KIM PADGETT
MELISSA RADMER
MELISSA RADMER
CARA PLISKIE
CARA PLISKIE
DEBBIE NOVAK
EMILY KIRCHHOFF

SATURDAY

BODYPUMP
VINYASA YOGA
SPIN
BODYATTACK
AQUA ZUMBA
TOTAL STRETCH
CORE & MORE

GYM 8:00 AM-60 MIN
MIND/BODY 8:00 AM-60 MIN
SPIN STUDIO 8:15 AM-45 MIN
GYM 9:00 AM-60 MIN
POOL 8:15AM-45 MIN
MIND/BODY 9:15AM-30 MIN
MIND/BODY 9:45AM-30MIN

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

SUNDAY

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.





Mequon

GROUP EXERCISE CLASS SCHEDULE

MONDAY

POWER YOGA
HOT YOGA
BTS
H2O BLAST
HOT YOGA
BODYPUMP
BODY COMBAT
VINYASA YOGA

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

5:45-6:45AM
7:45-8:45AM
8:15-9:00AM
8:45-9:45AM
9:15-10:15AM
9:45-10:45AM
5:45-6:45PM
5:45-6:45PM

MARCY BURNS
KIRSTEN HINZ
BERNIE FEYRER
LAURA LENNIE
KIRSTEN HINZ
JESSICA PETERSON
BRUNI KOELLER
CORI GUERIN

TUESDAY

PURE STRENGTH
BOXING
YOGA SCULPT
ZUMBA
BODYPUMP
HOT YOGA

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

5:45-6:45AM
9:00-10:00AM
9:15-10:00AM
10:15-11:15AM
5:15-6:15PM
5:45-6:45PM

JEDOTTA DAINSBURG
JASON LIEGL
AMY CUNNINGHAM
BRITTANY VULICH
JESSICA PETERSON
HEATHER NILL

WEDNESDAY

BODY COMBAT
SPIN
RESTORE
H2O DANCE
STEP
BODYPUMP
HOT YOGA
CORE STRONG
H2O BLAST
BARRE

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

5:45-6:45AM
6:00-6:45AM
6:45-7:15AM
8:45-9:30AM
8:15-9:00AM
9:15-10:15AM
9:15-10:15AM
9:15-10:15AM
5:45-6:30PM
5:45-6:45PM
6:45-7:30PM

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

THURSDAY

SPIN
RESTORE
CORE STRONG
YOGA THERAPY
BOXING
SPIN
BEGINNER YOGA
HIIT
HOT YOGA
BODYPUMP
YOGA FOR ATHLETES

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

6:00-6:45AM
6:45-7:15AM
8:15-9:00AM
9:00-10:00AM
9:15-10:00AM
9:15-10:00AM
10:15-11:30AM
5:15-5:45PM
5:45-6:45PM
6:00-7:00PM
7:00-8:00PM

HOLLY FRANCIS
HOLLY FRANCIS
ELIZA LEWIS
MARIA LEMESHEVA
JASON LIEGL
ELIZA LEWIS
LORAINNE G
AMY HALL
KENDALL WANGMAN
STEPHANIE COLE
KENDALL WANGMAN

FRIDAY

HIIT & STRENGTH
SUNRISE STRETCH & BURN FUSION
VINYASA YOGA
HIIT & STRENGTH
H2O BLAST
SPIN
VINYASA YOGA

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

5:45-6:30AM
6:00-6:45AM
7:45-8:45AM
8:45-9:30AM
8:45-9:45AM
9:15-10:00AM
9:15-10:15AM

CASSIE CARLSON
HOLLY FRANCIS
KIRSTEN HINZ
KAITLIN WILLE
LAURA LENNIE
JASON LIEGL
KIRSTEN HINZ

SATURDAY

BARRE
SPIN
VINYASA YOGA
BODY PUMP

STUDIO A
CYCLE STUDIO
MIND/BODY
STUDIO A

8:15-9:00AM
8:15-9:15AM
9:15-10:15AM
9:45-10:45AM

DAWN ALIOTA
JASON LIEGL
ELVA ROMO
JESSICA PETERSON

SUNDAY

PILATES MAT
SPIN
HATHA YOGA
CORE STRONG
BEGINNER YOGA

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

7:45-8:30AM
8:30-9:30AM
8:45-10:00AM
9:45-10:30AM
10:15-11:30AM

JOANN HICKS
STEPHANIE COLE
HEATHER NILL
STEPHANIE COLE
HEATHER NILL

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.





North Shore

GROUP EXERCISE CLASS SCHEDULE

MONDAY

PILATES MAT II	STUDIO A	5:45-6:30AM	AMY HALL
SPIN	STUDIO B	8:15-9:00AM	ELLEN NAGY
BODYPUMP	GYM	8:30-9:30AM	AMY HALL
YOGA SCULPT	STUDIO A	9:15-10:00AM	AMY CUNNINGHAM
BODY COMBAT	GYM	9:45-10:30AM	AMY HALL
BODY ATTACK	GYM	5:15-6:00PM	AMY HALL
HATHA YOGA	STUDIO A	5:45-6:45PM	DANIELA SOLOMON

TUESDAY

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

WEDNESDAY

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

THURSDAY

BODYPUMP	GYM	5:45-6:45AM	AMY HALL
BTS	GYM	8:30-9:15AM	AMY HALL
HOT YOGA	STUDIO A	9:15-10:15AM	KIRSTEN HINZ
BODY ATTACK	GYM	9:30-10:15AM	AMY HALL
BARRE	BARRE	6:00-6:45PM	DANA DIEDRICH

FRIDAY

SPIN FUSION	STUDIO B	5:45-6:45AM	CURT MINTER
SPIN	STUDIO B	8:15-9:00AM	JOHN BOLGER
TONE	STUDIO A	8:15-9:00AM	ANGIE HOEHNEN
VINYASA YOGA	STUDIO A	9:15-10:15AM	KATHI CASTLE

SATURDAY

POWER YOGA	STUDIO A	7:45-8:45AM	KIRSTEN HINZ
BODYPUMP	GYM	8:15-9:15AM	GRACE SELWITSCHKA
POWER YOGA	STUDIO A	9:15-10:15AM	KIRSTEN HINZ

SUNDAY

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

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River Glen

GROUP EXERCISE CLASS SCHEDULE

MONDAY

S3	UPPER STUDIO	6:15-7:15AM	MELISSA ABRAMOVICH
BARRE	DANCE STUDIO	7:30-8:00AM	SANDY BYRNE
GENTLE YOGA	LOWER STUDIO	8:15-9:15AM	SANDY BYRNE
ZUMBA	LOWER STUDIO	9:30-10:30AM	MARLA PRIMACK
H2O BLAST	LAP POOL	9:30-10:30AM	JOHN MURPHY
SPIN	CYCLE STUDIO	10:00-10:45AM	CRAIG CHARLTON
CORE STRONG	LOWER STUDIO	10:30-11:00AM	MARLA PRIMACK
ARTHRITIS FOUNDATION AQUATICS	WARM POOL	10:45-11:30AM	NICOLE PEARSON
HOT YOGA	LOWER STUDIO	5:45-6:45AM	KATHI CASTLE

TUESDAY

YOGA SCULPT	UPPER STUDIO	6:00-6:45AM	AMY CUNNINGHAM
LES MILLS CORE	UPPER STUDIO	8:30-9:15AM	EVA BROOKS
HOT YOGA	LOWER STUDIO	9:15-10:15AM	HALEY FUHR
H2O BLAST	LAP POOL	9:30-10:30AM	JOHN MURPHY
CARDIO SCULPT	UPPER STUDIO	9:30-10:15AM	AMY HALL
PILATES MAT II	LOWER STUDIO	10:30-11:15AM	AMY HALL
NEW ENERGY STRENGTH	UPPER STUDIO	10:30-11:15AM	CRAIG CHARLTON
ARTHRITIS FOUNDATION AQUATICS	WARM POOL	11:30-12:15PM	JOANN JACKSON
SPIN	CYCLE STUDIO	5:30-6:15PM	ELLEN NAGY
CS60	UPPER STUDIO	5:45-6:45PM	KATHERINE GOBERMAN
VINYASA YOGA	LOWER STUDIO	6:00-7:00PM	MARIA LEMESHEVA

WEDNESDAY

S3	UPPER STUDIO	6:15-7:00AM	MELISSA ABRAMOVICH
BARRE	DANCE STUDIO	7:30-8:00AM	SANDY BYRNE
GENTLE YOGA	LOWER STUDIO	8:15-9:15AM	SANDY BYRNE
SPIN	CYCLE STUDIO	8:15-9:00AM	JEFF JEANPIERRE
H2O BLAST	LAP POOL	9:30-10:30AM	NICOLE PEARSON
NEW ENERGY STRENGTH	UPPER STUDIO	10:30-11:15AM	CRAIG CHARLTON
ARTHRITIS FOUNDATION AQUATICS	WARM POOL	11:30-12:15PM	LISETTE RODRIGUEZ

THURSDAY

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

FRIDAY

BARRE	DANCE STUDIO	6:00-6:45AM	AMY CUNNINGHAM
PILATES MAT I	LOWER STUDIO	7:30-8:00AM	SANDY BYRNE
GENTLE YOGA	LOWER STUDIO	8:15-9:00AM	SANDY BYRNE
SPIN	CYCLE STUDIO	8:30-9:00AM	AMY HALL
BODYPUMP	UPPER STUDIO	9:15-10:15AM	AMY HALL
BARRE	DANCE STUDIO	9:30-10:15AM	AMY CUNNINGHAM
H2O BLAST	LAP POOL	9:30-10:30AM	NICOLE PEARSON
VINYASA YOGA	LOWER STUDIO	10:30-11:30AM	AMY CUNNINGHAM
ARTHRITIS FOUNDATION AQUATICS	WARM POOL	10:45-11:30AM	NICOLE PEARSON
HOT YOGA	LOWER STUDIO	5:00-6:00PM	NICOLE SMULLEN

SATURDAY

SPIN	CYCLE STUDIO	7:30-8:30AM	JEFF JEANPIERRE
KICK AND TONE	UPPER STUDIO	8:15-9:15AM	MELISSA ABRAMOVICH
AQUA ZUMBA	LAP POOL	9:15-10:15AM	BOBBIE MCCAIN
SPIN	CYCLE STUDIO	9:30-10:15AM	MELISSA ABRAMOVICH
ZUMBA	LOWER STUDIO	9:30-10:30AM	JANE ZIEN
CORE	UPPER STUDIO	9:30-10:00AM	AMY HALL
BODY COMBAT	UPPER STUDIO	10:00-10:45AM	AMY HALL

SUNDAY

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

PLEASE MAKE YOUR CLASS RESERVATIONS IN THE MEMBER APP.
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