



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
 5:00-5:30PM CORE
 5:30-6:30PM HATHA YOGA
 5:00-5:30PM CORE
 5:45-6:45PM BODYCOMBAT

LAURA PERZ
 KIRSTEN HINZ
 BERNIE FEYRER
 KIRSTEN HINZ
 JESSICA PETERSON
 MARISSA BURTCH
 DANIELA SOLOMON
 MARISSA BURTCH
 BRUNI KOELLER

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

THURSDAY

56:00-6:45AM 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 LES MILLS BODY PUMP
 7:00-8:00PM YOGA FOR ATHLETES

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

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

TUESDAY

5:45-6:45AM PURE STRENGTH
 8:00-8:45AM ZUMBA
 8:45-9:45AM H2O BLAST
 9:00-10:00AM BOXING
 9:15-10:00AM YOGA SCULPT
 5:15-6:15PM BODYPUMP
 5:45-6:45PM HOT YOGA
 6:30-7:15PM ZUMBA

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

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

FRIDAY

5:45-6:30AM HIIT & STRENGTH
 6:00-6:45AM SUNRISE STRETCH & BURN FUSION
 7:45-8:45AM VINYASA YOGA
 8:45-9:30AM HIIT & STRENGTH
 8:45-9:45AM H2O BLAST
 9:15-10:00AM SPIN
 9:15-10:15AM VINYASA YOGA

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

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

WEDNESDAY

5:45-6:45AM BODY COMBAT
 6:00-6:45AM SPIN
 6:45-7:15AM RESTORE
 8:15-9:00AM STEP
 8:45-9:30AM H2O DANCE
 9:15-10:15AM BODYPUMP
 9:15-10:15AM HOT YOGA
 5:45-6:45PM VINYASA YOGA
 5:45-6:30PM CORE STRONG
 5:45-6:45PM H2O BLAST
 6:45-7:30PM BARRE

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

STUDIO A
 CYCLE STUDIO
 MIND/BODY
 STUDIO A
 LAP POOL
 STUDIO A
 MIND/BODY
 MIND/BODY
 STUDIO A
 LAP POOL
 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
 8:45-10:00AM HATHA YOGA
 9:45-10:30AM CORE STRONG
 10:15-11:30AM BEGINNER YOGA
 10:45-11:30AM BODYPUMP

STEPHANIE COLE
 HEATHER NILL
 STEPHANIE COLE
 HEATHER NILL
 MARISSA BURTCH

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

**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.**

