



# 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 BODYPUMP  
 5:00-5:30PM CORE  
 5:45-6:45PM BODYCOMBAT

KIRSTEN HINZ MIND/BODY  
 BERNIE FEYRER STUDIO A  
 SUSIE AEPPLER LAP POOL  
 KIRSTEN HINZ MIND/BODY  
 JESSICA PETERSON STUDIO A  
 MARISSA BURTCH STUDIO A  
 BRUNI KOELLER STUDIO A

### 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 STUDIO A  
 BRITTANY VULICH STUDIO A  
 LAURA LENNIE LAP POOL  
 JASON LIEGL STUDIO A  
 AMY CUNNINGHAM MIND/BODY  
 JESSICA PETERSON STUDIO A  
 HEATHER NILL MIND/BODY  
 BRITTANY VULICH STUDIO A

### WEDNESDAY

5:45-6:45AM BODYCOMBAT  
 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  
 5:30-6:30PM VINYASA YOGA  
 5:30-6:15PM CORE STRONG  
 5:45-6:45PM H2O BLAST  
 6:30-7:15PM BARRE

AMY HALL STUDIO A  
 HOLLY FRANCIS CYCLE STUDIO  
 HOLLY FRANCIS MIND/BODY  
 BERNIE FEYRER STUDIO A  
 RACHEL MILLS LAP POOL  
 STEVE BRONIKOWSKI STUDIO A  
 SUSAN KOLEAS MIND/BODY  
 CORI GUERIN MIND/BODY  
 ELIZA LEWIS STUDIO A  
 KENDALL WANGMAN LAP POOL  
 DAWN ALIOTA STUDIO A

### THURSDAY

6:00-6:45AM SPIN  
 6:45-7:15AM RESTORE  
 8:15-9:00AM CORE STRONG  
 8:30-9:15AM PILATES MAT  
 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 YOGA FOR ATHLETES

HOLLY FRANCIS CYCLE STUDIO  
 HOLLY FRANCIS MIND/BODY  
 ELIZA LEWIS STUDIO A  
 CASSIE CARLSON MIND/BODY  
 JASON LIEGL STUDIO A  
 LORAINNE G MIND/BODY  
 KENDALL WANGMAN MIND/BODY  
 STEPHANIE COLE STUDIO A  
 KENDALL WANGMAN MIND/BODY

### FRIDAY

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  
 9:45-10:30AM ZUMBA  
 10:30-11:15AM SCULPT EXPRESS

HOLLY FRANCIS MIND/BODY  
 KIRSTEN HINZ MIND/BODY  
 JESSICA PETERSON STUDIO A  
 LAURA LENNIE LAP POOL  
 JASON LIEGL CYCLE STUDIO  
 KIRSTEN HINZ MIND/BODY  
 BECKY DURANTE STUDIO A  
 BECKY DURANTE 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 STUDIO A  
 JASON LIEGL CYCLE STUDIO  
 ELVA ROMO/ANNE BALENTINE MIND/BODY  
 JESSICA PETERSON STUDIO A

### SUNDAY

8:30-9:30AM SPIN  
 9:00-10:15AM HATHA YOGA  
 9:00-9:45AM BODYPUMP  
 9:45-10:30AM CORE

STEPHANIE COLE CYCLE STUDIO  
 HEATHER NILL MIND/BODY  
 MARISSA BURTCH STUDIO A  
 STEPHANIE COLE 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.**

