



Brookfield

GROUP EXERCISE CLASS SCHEDULE

MONDAY

SPIN	SPIN STUDIO	5:45 AM-45 MIN
BTS	GYM	8:15 AM-45 MIN
BODYPUMP	LOWER STUDIO	8:45 AM-45 MIN
CARDIO BLAST	GYM	9:15 AM-30 MIN
KICKBOXING	GYM	9:45 AM-60 MIN
NEW ENERGY STRENGTH	LOWER STUDIO	10:00 AM-45 MIN
PURE STRENGTH	LOWER STUDIO	12:00 PM-45 MIN
BODY STEP EXPRESS	LOWER STUDIO	4:45 PM-30 MIN
SPIN	SPIN STUDIO	5:00 PM-45 MIN
BODYPUMP	LOWER STUDIO	5:15 PM-60 MIN
ZUMBA	STUDIO A	5:30 PM-60 MIN
EXPRESS STRETCH & CORE	MIND/BODY	5:45 PM-30 MIN

DEBBIE KLIMKO
JILL JELINSKI
MELISSA RADMER
JILL JELINSKI
ADRIENNE SCHOEMANN
JILL JELINSKI
MELISSA RADMER
DEBBIE NOVAK
CARA PLISKIE
DEBBIE NOVAK
ADRIANA GONZALEZ
CARA PLISKIE

THURSDAY

BOOT CAMP	GYM	5:30 AM-60 MIN
PILATES MAT II	MIND/BODY	7:45 AM-60 MIN
CORE STRONG	LOWER STUDIO	8:15 AM-45 MIN
VINYASA YOGA	MIND/BODY	9:00 AM-60 MIN
STRENGTH CIRCUIT	GYM	9:15 AM-45 MIN
BEGINNER YOGA	MIND/BODY	10:15 AM-60 MIN
SPIN EXPRESS	SPIN STUDIO	10:00 AM-30 MIN
BALANCE & RESTORE	LOWER STUDIO	10:30 AM-60 MIN
STEP EXPRESS	LOWER STUDIO	4:45 PM-30 MIN
HOT YOGA	MIND/BODY	5:30 PM-60 MIN
BODYPUMP	LOWER STUDIO	5:15 PM-60 MIN

AMY SCHEIDT
MELISSA RADMER
JILL JELINSKI
JENNIFER ARCHER
CARA PLISKIE
JENNIFER ARCHER
CARA PLISKIE
MELISSA RADMER
DEBBIE NOVAK
ADRIANA ZOKAN
DEBBIE NOVAK

TUESDAY

BOOT CAMP	GYM	5:30 AM-60 MIN
BODY STEP	LOWER STUDIO	8:30 AM-45 MIN
SPIN	SPIN STUDIO	8:30 AM-60 MIN
VINYASA YOGA	MIND/BODY	9:00 AM-60 MIN
PILATES MAT I	LOWER STUDIO	9:30 AM-60 MIN
BEGINNER YOGA	MIND/BODY	10:15 AM-60 MIN
LIFE FIT	LOWER STUDIO	11:00 AM-45 MIN
BUTTS & GUTS	LOWER STUDIO	11:45 AM-30 MIN
BURN & FIRM	LOWER STUDIO	5:15 PM-60 MIN
AQUA ZUMBA	POOL	6:15 PM-45 MIN

AMY SCHEIDT
DEBBIE NOVAK
MELISSA RADMER
JENNIFER ARCHER
MELISSA RADMER
JENNIFER ARCHER
MELISSA RADMER
CARA PLISKIE
JILL JELINSKI
BRENDA SCHMIDT

FRIDAY

VINYASA YOGA	MIND/BODY	5:45 AM-60 MIN
SPIN	SPIN STUDIO	8:15 AM-45 MIN
BODY STEP	LOWER STUDIO	8:15 AM-60 MIN
BURN & FIRM	GYM	8:45 AM-60 MIN
BODYPUMP	LOWER STUDIO	9:15 AM-45 MIN
IN BALANCE	MIND/BODY	9:30 AM-45 MIN
CORE STRONG	MIND/BODY	10:30 AM-45 MIN
NEW ENERGY STRENGTH	LOWER STUDIO	11:00 AM-45 MIN

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

WEDNESDAY

BODYPUMP	LOWER STUDIO	5:30 AM-60 MIN
CARDIO BLAST	GYM	7:30 AM-30 MIN
BTS	LOWER STUDIO	8:15 AM-45 MIN
CARDIO INTERVAL	LOWER STUDIO	9:30 AM-60 MIN
POWER YOGA	MIND/BODY	9:15 AM-60 MIN
BODYPUMP	GYM	9:30 AM-60 MIN
PILATES FUSION	MIND/BODY	10:30 AM-45 MIN
BODYPUMP	LOWER STUDIO	12:00 PM-45 MIN
BUTTS & GUTS	LOWER STUDIO	4:45 PM-30 MIN
SPIN	SPIN STUDIO	5:30 PM-45 MIN
VINYASA YOGA	MIND/BODY	5:30 PM-60 MIN
ZUMBA	LOWER STUDIO	5:30 PM-60 MIN

MEGHAN BALLARD
JILL JELINSKI
JILL JELINSKI
ADRIENNE SCHOEMANN
ADRIANA ZOKAN
KIM PADGETT
MELISSA RADMER
MELISSA RADMER
CARA PLISKIE
CARA PLISKIE
ADRIANA ZOKAN
ADRIANA GONZALEZ

SATURDAY

BODYPUMP	GYM	8:00 AM-60 MIN
VINYASA YOGA	MIND/BODY	8:00 AM-60 MIN
SPIN	SPIN STUDIO	8:15 AM-45 MIN
BODYATTACK	GYM	9:00 AM-60 MIN
AQUA ZUMBA	POOL	8:15AM-45 MIN
TOTAL STRETCH	LOWER STUDIO	9:00AM-30 MIN
CORE & MORE	LOWER STUDIO	9:30AM-30MIN

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

SUNDAY

POWER YOGA	MIND/BODY	8:00 AM-60 MIN
BODYPUMP	GYM	8:30 AM-60 MIN

JANELLE MCCANN
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

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
 BERNIE FEYRER
 SUSIE AEPPLER
 KIRSTEN HINZ
 JESSICA PETERSON
 MARISSA BURTCH
 BRUNI KOELLER

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

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
 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

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

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

FRIDAY

6:00-6:45AM SUNRISE STRETCH & BURN FUSION
 7:45-8:45AM VINYASA YOGA
 8:45-9:30AM 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
 KIRSTEN HINZ
 JESSICA PETERSON
 LAURA LENNIE
 JASON LIEGL
 KIRSTEN HINZ
 BECKY DURANTE
 BECKY DURANTE

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

STEPHANIE COLE
 HEATHER NILL
 MARISSA BURTCH
 STEPHANIE COLE

CYCLE STUDIO
 MIND/BODY
 STUDIO A
 STUDIO A

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North Shore

GROUP EXERCISE CLASS SCHEDULE

MONDAY

5:45-6:30AM	PILATES MAT II	AMY HALL	STUDIO A
8:15-9:00AM	SPIN	ELLEN NAGY	STUDIO B
8:30-9:30AM	BODYPUMP	AMY HALL	GYM
9:45-10:30AM	BODYCOMBAT	AMY HALL	GYM
11:30-12:15PM	YOGA SCULPT	AMY CUNNINGHAM	STUDIO A
5:15-6:00PM	CARDIO INTERVAL	AMY HALL	STUDIO A

TUESDAY

5:45-6:30AM	BOOTCAMP	DOUG DESSECKER	GYM
8:15-9:00AM	PILATES MAT II	AMY HALL	STUDIO A
9:15-10:15AM	SPIN FUSION	CHRISTINE MCBRIDE	STUDIO B
11:45-1:00PM	LEVEL 1-2 YOGA	LORRAINE GHORBANPOOR	STUDIO A
5:45-6:45PM	BODYPUMP	AMANDA GOSS	GYM

WEDNESDAY

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

THURSDAY

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

FRIDAY

5:45-6:30AM	SPIN	ERIN BECKER	STUDIO B
8:15-9:15AM	SPIN	JOHN BOLGER	STUDIO B
8:15-9:00AM	CARDIO SCULPT	ANGIE HOEHNEN	STUDIO A
9:15-10:15AM	VINYASA YOGA	KATHI CASTLE	STUDIO A

SATURDAY

7:45-8:45AM	POWER YOGA	KIRSTEN HINZ	STUDIO A
8:15-9:00AM	BODYPUMP	AMY HALL	GYM
9:15-10:15AM	POWER YOGA	KIRSTEN HINZ	STUDIO A

SUNDAY

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

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River Glen

GROUP EXERCISE CLASS SCHEDULE

MONDAY

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

TUESDAY

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

WEDNESDAY

6:15-7:00AM	S3	MELISSA ABRAMOVICH	UPPER STUDIO
7:30-8:00AM	BARRE	SANDY BYRNE	DANCE STUDIO
8:15-9:15AM	GENTLE YOGA	SANDY BYRNE	LOWER STUDIO
9:30-10:30AM	H2O BLAST	NICOLE PEARSON/LAP	POOL
10:30-11:15AM	NEW ENERGY STRENGTH	CRAIG CHARLTON	UPPER STUDIO
11:30-12:15PM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
5:45-6:45PM	CS60	KATHERINE GOBERMAN	UPPER STUDIO

THURSDAY

6:00-6:45AM	KICKBOXING	MELISSA ABRAMOVICH	UPPER STUDIO
9:15-10:15AM	BODYCOMBAT	STEVE BRONIKOWSKI	UPPER STUDIO
9:30-10:15AM	ZUMBA	DANIELLE SECTZER-WAGNER	LOWER STUDIO
9:30-10:15AM	H2O BLAST	CRAIG CHARLTON	LAP POOL
10:30-11:30AM	VINYASA YOGA	EMILY KIRCHOFF	LOWER STUDIO
10:30 11:00AM	INTRO TO LAP SWIMMING	MEGAN KRAUS	LAP POOL
10:45-11:30AM	ARTHRITIS FOUNDATION AQUATICS	LISETTE RODRIGUEZ	WARM POOL
12:00-12:45PM	SPIN	CRAIG CHARLTON	CYCLE STUDIO
5:45-6:30PM	ZUMBA	JANE ZIEN	LOWER STUDIO

FRIDAY

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

SATURDAY

8:15-9:15AM	KICK AND TONE	MELISSA ABRAMOVICH	UPPER STUDIO
9:15-10:15AM	AQUA ZUMBA	BOBBIE MCCAIN	LAP POOL
9:30-10:15AM	SPIN	MELISSA ABRAMOVICH	CYCLE STUDIO
9:30-10:30AM	ZUMBA	JANE ZIEN	LOWER STUDIO
9:30-10:00AM	CORE	AMY HALL	UPPER STUDIO
10:00-11:00AM	BODYCOMBAT	AMY HALL	UPPER STUDIO

SUNDAY

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

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