elite SPORTS CLUBS

Brookfield

GROUP EXERCISE CLASS SCHEDULE

MONDAY

5:45-6:30AM	SPIN	DEB KLIMKO	CYCLE STUDIO
8:15-9:00AM	BTS	JILL JELINSKI	GYM
8:45-9:30AM	BODYPUMP	MELISSA RADMER	LOWER STUDIO
9:15-9:45AM	CARDIO BLAST	JILL JELINSKI	GYM
9:30-10:30AM	PILATES MAT 1	KIERA SONA	MIND/BODY
9:45-10:45AM	KICKBOXING	ADRIENNE SCHOEMANN	GYM
10:00-10:45AM	NEW ENERGY STRENGTH	JILL JELINSKI	LOWER STUDIO
12:00-12:45PM	PURE STRENGTH	MELISSA RADMER	LOWER STUDIO
4:45-5:15PM	BODYSTEP EXPRESS	DEBBIE NOVAK	LOWER STUDIO
5:00-5:30PM	EXPRESS STRETCH & CORE	CARA PLISKE	MIND/BODY
5:15-6:15PM	BODYPUMP	DEBBIE NOVAK	LOWER STUDIO
5:30-6:15PM	SPIN	CARA PLISKE	CYCLE STUDIO
5:30-6:30PM	ZUMBA	ADRIANA GONZALEZ	STUDIO A

TUESDAY

5:30-6:30AM	BOOTCAMP	AMY SCHEIDT	GYM
8:30-9:15AM	BODYSTEP	DEBBIE NOVAK	LOWER STUDIO
8:30-9:30AM	SPIN	MELISSA RADMER	CYCLE STUDIO
9:00-10:00AM	VINYASA YOGA	JENNIFER ARCHER	MIND/BODY
9:15-10:00AM	STRENGTH CIRCUIT	CARA PLISKE	GYM
9:30-10:30AM	PILATES MAT 1	MELISSA RADMER	LOWER STUDIO
10:15-11:15AM	BEGINNER YOGA	JENNIFER ARCHER	MIND/BODY
11:00-11:45AM	LIFE FIT	MELISSA RADMER	LOWER STUDIO
11:45-12:15PM	BUTTS AND GUTS	CARA PLISKE	LOWER STUDIO
4:45-5:15PPM	HIIT	GINA METZ	LOWER STUDIO
5:30-6:30PM	HOT YOGA	ADRIANA ZOKAN	MIND/BODY
5:30-6:15PM	CORE	DOREEN WESTRICK	LOWER STUDIO
6:30-7:15PM	AQUA ZUMBA	BRENDA SCHMIDT	LAP POOL

WEDNESDAY

5:30-6:30AM	BODYPUMP	MEGHAN BALLARD	LOWER STUDIO
7:30-8:00AM	CARDIO BLAST	JILL JELINSKI	GYM
8:15-9:00AM	BTS	JILL JELINSKI	LOWER STUDIO
9:15-10:15AM	POWER YOGA	ADRIANA ZOKAN	MIND/BODY
9:30-10:30AM	BODYPUMP	DEBBIE NOVAK	GYM
9:30-10:30AM	CARDIO INTERVAL	ADRIENNE SCHOEMANN	LOWER STUDIO
10:30-11:15AM	PILATES FUSION	MELISSA RADMER	MIND/BODY
10:30-11:30AM	MEDITATION	JIM BAYER	STUDIO A
12:00-12:45PM	BODYPUMP	MELISSA RADMER	LOWER STUDIO
5:00-5:30PM	BUTTS & GUTS	CARA PLISKE	LOWER STUDIO
5:30-6:15PM	SPIN	CARA PLISKE	CYCLE STUDIO
5:30-6:30PM	ZUMBA	ADRIANA GONZALEZ	LOWER STUDIO
5:30-6:30PM	ASHTANGA YOGA	SANDEEP KAUR	MIND/BODY

THURSDAY

5:30-6:30AM	BOOTCAMP	AMY SCHEIDT	GYM
7:45-8:45AM	PILATES MAT 2	MELISSA RADMER	MIND/BODY
8:15-9:00AM	CORE STRONG	JILL JELINSKI	LOWER STUDIO
9:00-10:00AM	VINYASA YOGA	JENNIFER ARCHER	MIND/BODY
9:15-10:00AM	STRENGTH CIRCUIT	CARA PLISKE	GYM
10:00-10:30AM	SPIN EXPRESS	CARA PLISKE	CYCLE STUDIO
10:15-11:15AM	BEGINNER YOGA	JENNIFER ARCHER	MIND/BODY
10:30-11:30AM	BALANCE AND RESTORE	MELISSA RADMER	LOWER STUDIO
4:45-5:15PM	BODYSTEP EXPRESS	DEBBIE NOVAK	LOWER STUDIO
5:15-6:15PM	BODYPUMP	DEBBIE NOVAK	LOWER STUDIO
5:30-6:30PM	HOT YOGA	ADRIANA ZOKAN	MIND/BODY

FRIDAY

5:45-6:45AM	VINYASA YOGA	CAITLIN MOYER	MIND/BODY
8:15-9:00AM	SPIN	LAURA WILKINS	CYCLE STUDIO
8:30-9:15AM	CARDIO MIX	JILL JELINSKI	LOWER STUDIO
9:15-10:00AM	PURE STRENGTH	JILL JELINSKI	LOWER STUDIO
9:30-10:15AM	IN BALANCE	LAURA WILKINS	MIND/BODY
10:15-11:00AM	CORE	DOREEN WESTRICK	GYM
11:00-11:45AM	NEW ENERGY STRENGTH	MELISSA RADMER	LOWER STUDIO
12:00-12:45PM	BODYPUMP	GINA METZ	LOWER STUDIO

SATURDAY

8:00-9:00AM	BODYPUMP	VARIES	GYM
8:00-9:00AM	VINYASA YOGA	KELLY KIRTLEY	MIND/BODY
8:15-9:00AM	SPIN	CARA PLISKE	CYCLE STUDIO
8:15-9:00AM	AQUA ZUMBA	BRENDA SCHMIDT	LAP POOL
9:00-10:00AM	BODYATTACK	MEGHAN BALLARD	GYM
9:00-9:30AM	TOTAL STRETCH	CARA PLISKE	LOWER STUDIO
9:30-10:00AM	CORE & MORE	CARA PLISKE	LOWER STUDIO

SUNDAY

8:00-9:00AM	POWER YOGA	JANELLE MCCANN	MIND/BODY
8:30-9:30AM	BODYPUMP	DEBBIE NOVAK	GYM

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.