



MEQUON - ALL CLASSES FREE FOR MEMBERS

GROUP EXERCISE SCHEDULE

11616 N. Port Washington Rd, Mequon, WI 53092 | 262.241.4250 | EliteClubs.com

Classes for the week of 5/22/2017

MONDAY

5:30 am	Cycle	cycle	45	MS
7:30 am	20/20/20	A	60	LL
8:30 am	B.T.S.	A	30	BF
9:00 am	Making Waves	pool	50	SA
9:15 am	Pure Strength	A	60	AF
9:15 am	Hot Yoga	M/B	60	KH
10:30 am	Cycle	cycle	45	AF
4:45 pm	Boot Camp	A	45	JG
5:30 pm	LM Body Pump 30	A	30	TE
6:00 pm	Pilates Fusion	M/B	45	KV
6:05 pm	LM Body Combat 30	A	30	TE
7:00 pm	Hatha Yoga	M/B	75	SD
7:00 pm	Trek-N-Train	fitness	45	JJ

TUESDAY

5:30 am	Power Max	A	60	CD
8:15 am	Pilates Fusion	A	45	ST
9:00 am	H2O Blast Plus	pool	50	JH
9:15 am	Power Yoga	M/B	60	RW
9:15 am	Cycle	cycle	45	RE
9:15 am	LM Body Pump	A	60	GM
5:45 pm	Hot Yoga	M/B	60	TF
6:00 pm	Cycle	cycle	45	AF
6:00 pm	Boxing 45*sign up required	A	45	JD
6:50 pm	Barre 45*sign up required	A	45	JD
7:00 pm	Hot Yoga	M/B	60	TF

WEDNESDAY

5:30 am	Sunrise Yoga	M/B	60	EG
5:30 am	Cycle	cycle	45	DD
8:00 am	Step & Abs	A	60	BF
9:00 am	Making Waves	pool	50	SA
9:00 am	LM Body Pump	A	60	BE
9:15 am	Hot Yoga	M/B	60	KH
4:45 pm	Boot Camp	A	60	JG
6:00 pm	Pilates Fusion	M/B	45	KV
6:15 pm	H2O Blast	pool	50	PK
7:00 pm	Vinyasa Yoga	M/B	75	S

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THURSDAY

5:30 am	Power Max	A	60	MA
8:00 am	H2O Blast	pool	50	BF
8:15 am	Pilates Fusion	A	45	ST
9:15 am	Aqua Yoga/LAST CLASS!	pool	60	HK
9:15 am	Vinyasa Yoga	M/B	75	LG
9:15 am	20/20/20	A	60	LL
9:15 am	Cycle	cycle	45	JM
10:30 am	Beginning Yoga	M/B	75	LG
5:30 pm	LM Body Pump 30	A	30	JE
6:00 pm	Cycle	cycle	45	JG
6:05 pm	LM Body Combat 45	A	45	JE
7:00 pm	Hot Yoga	M/B	60	ML

FRIDAY

5:30 am	Cycle	cycle	45	SK
7:30 am	Trek-N-Train	fitness	45	JL
7:30 am	Cardio 30	A	30	BF
7:45 am	Restorative Yoga	M/B	75	SD
8:00 am	Strength 30	A	30	BF
9:00 am	Making Waves	pool	50	JH
9:15 am	Vinyasa Yoga	M/B	60	KH
9:15 am	Cycle	cycle	45	JM
9:15 am	LM Body Pump	A	60	BE
10:15 am	Zumba	A	60	DW
10:30 am	Beginning Pilates Mat	M/B	45	JM
4:45 pm	Boot Camp	A	60	JG

SATURDAY

8:00 am	Cycle/60	cycle	60	JL
8:00 am	LM Body Pump	A	60	TE
8:00 am	Vinyasa Yoga	A	60	EG
9:00 am	Making Waves	pool	50	SA
9:10 am	LM Body Combat	A	60	JE
9:15 am	Vinyasa Yoga	M/B	60	CT
10:30 am	Kids Yoga/LAST CLASS!	M/B	45	RW

SUNDAY

8:45 am	Cycle/60	cycle	60	JM
9:00 am	Hatha Yoga	M/B	75	SD
9:55 am	Ab-Solution	A	30	JM
10:30 am	Pilates Mat	A	45	JM
10:30 am	Beginning Yoga	M/B	60	SD

Instructors Key

AF Annie	DW Danielle	JD Jedotta	KH Kirsten	PK Pam	SD Sue
BF Bernie	EG Elva	JM Jennifer	LG Lorraine	RE Rachel E	S Susan
BE Betsy	GM Gina	JH Jessica	LL Luke	RW Rhiannon	SA Susie
CD Connie	HK Howard	JJ Joe	ML Maria L	SK Scott	TE Theresa
CT Cori	JL Jason	JG John	MA Melissa	SH Shelly	TF Tom
DD Daniel	JE Jason E	KV Kathy	MS Melissa S	ST Staff	

Location Key

Studio A, Cycle Studio, Pool, Mind Body Studio, Fitness Center