



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 11/20/2017

MONDAY

5:30 am	Cycle	cycle	45	MS
7:30 am	20/20/20	A	60	LL
8:30 am	BTS	A	30	BF
9:00 am	Making Waves	pool	50	SA
9:15 am	Hot Yoga	M/B	60	KH
9:15 am	Pure Strength	A	60	AF
10:30 am	Cycle	cycle	45	AF
4:00 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
6:30 pm	Trek-N-Train/NEW TIME!	fitness	45	CH
7:00 pm	Hatha Yoga	M/B	75	SD

TUESDAY

5:30 am	TRAINx3	A	60	MD
8:00 am	Pilates Fusion	A	45	NB
9:00 am	H2O Blast Plus	pool	50	JH
9:00 am	Intro Barre	A	45	RT
9:15 am	Power Yoga	M/B	60	RW
9:15 am	Cycle	cycle	45	RE
10:00 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	H2O Blast/NEW!!	pool	50	PK
7:00 pm	Hot Yoga	M/B	60	TF

WEDNESDAY

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
4:00 pm	HIIT Camp	A	60	JG
5:15 pm	Boxing 45	A	30	CH
6:00 pm	Pilates Fusion	M/B	45	KV
6:05 pm	Intro Barre	A	45	RT
7:00 pm	Vinyasa Yoga	M/B	75	S

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THURSDAY

7:00 am	Cycle	cycle	60	JG
8:00 am	LM Body Pump	A		MD
9:00 am	Vinyasa Yoga	MB	60	TF

FRIDAY

5:30 am	Cycle	cycle	45	JP
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	LM Body Pump	A	60	BE
9:15 am	Cycle	cycle	45	AF
10:20 am	LM Body Combat 30	A	30	BE
10:30 am	Beginning Pilates Mat	M/B	45	RT
4:00 pm	HIIT Camp	A	60	JG

SATURDAY

8:00 am	Cycle 60	cycle	60	JL
8:00 am	Vinyasa Yoga	M/B	60	EG
8:00 am	LM Body Pump	A	60	TE
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

SUNDAY

8:45 am	Cycle-60	cycle	60	JG
9:00 am	Hatha Yoga	M/B	75	SD
9:55 am	Ab-Solution	A	25	JG
10:30 am	Beginning Yoga	M/B	60	SD
10:30 am	Pilates Mat	A	45	ST

Instructors Key

AF Annie	DD Daniel	JP Jeffrey	LL Luke	RE Rachel E	SA Susie
BF Bernie	DW Danielle	JH Jessica	ML Maria L	RT Renee	TE Theresa
BE Betsy	EG Elva	JG John	MD Megan	RW Rhiannon	TF Tom
CH Chris	GM Gina	KV Kathy	MS Melissa S	ST Staff	
CD Connie	JL Jason	KH Kirsten	NB Neila	SD Sue	
CT Cori	JE Jason E	LG Lorraine	PK Pam	S Susan	

Location Key

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