

**Classes for the week of 1/30/2012
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MONDAY

5:30 am	Spin	Spin	45	LV
8:00 am	Step	A	60	BF
9:00 am	Making Waves	Pool	50	SA
9:15 am	Sculpt	A	60	AF
9:15 am	Hot Yoga	M/B	60	AH
10:30 am	Spin	Spin	45	AF
6:00 pm	H2O Blast Plus	pool	45	NB
6:00 pm	Pilates Mat	M/B	45	KV
6:00 pm	Zumba	A	60	JZ
6:00 pm	Spin	Spin	45	MK
6:00 pm	H2O Blast Plus	pool	45	NB
7:00 pm	HathaYoga	M/B	60	SD
7:00 pm	20/20/20	A	60	MF

TUESDAY

5:30 am	Power Max	A	60	LV
8:00 am	H2O Blast	pool	45	JH
8:15 am	Pilates Mat	M/B	45	JM
9:00 am	Body Attack-NEW	A	60	Amy
9:00 am	Spin	Spin	60	VO
9:15 am	Power Yoga	M/B	60	SP
10:00 am	Body Pump	A	60	LV
6:00 pm	Spin	Spin	45	AF
6:00 pm	H2O Blast Plus	pool	45	NB
7:00 pm	Hot Yoga	M/B	60	AH

WEDNESDAY

5:30 am	Sunrise Yoga	M/B	60	GP
5:30 am	Spin	Spin	45	AF
8:00 am	Step/Abs	A	60	BF
9:00 am	Making Waves-NEW!	pool	50	SA
9:00 am	Body Pump	A	60	CT
9:15 am	Spin	Spin	60	RE
9:15 am	Hot Yoga	M/B	60	AH
11:00 am	Arthritis Foundation Aquatics	pool	45	JH
11:30 am	Circuit Training	A	60	KK
6:00 pm	Pilates Mat	M/B	45	KV
6:00 pm	Zumba	A	60	JZ
7:00 pm	Hot Yoga	M/B	60	TF

THURSDAY

5:30 am	Power Max	A	60	LV
8:00 am	H2O Blast	pool	45	JH
9:00 am	Spin	Spin	45	VO
9:00 am	Zumba-NEW!	A	60	CJ
9:15 am	Vinyasa Yoga	M/B	60	LG
10:15 am	Sculpt	A	60	JM
10:30 am	Beginning Yoga	M/B	60	LG
6:00 pm	Body Pump	A	60	CT
6:00 pm	H2O Blast	pool	45	JH
6:00 pm	Spin	Spin	45	AF
6:00 pm	Beginning Yoga	M/B	60	SP
7:00 pm	Vinyasa Yoga	M/B	60	SP

FRIDAY

5:30 am	Spin	Spin	45	SK
8:00 am	Step/Sculpt	A	60	BF
8:30 am	Restorative Yoga	M/B	60	JD
9:15 am	Body Pump	A	60	EB
9:15 am	Spin	Spin	45	JM
10:15 am	Beginning Pilates Mat	M/B	45	JM
10:25 am	CXWORX-NEW!	A	30	EB

SATURDAY

8:00 am	Spin	Spin	60	JL
8:00 am	Body Pump	A	60	EB
9:00 am	Making Waves!	pool	50	SA
9:10 am	CXWORX-NEW!	A	30	ST
9:15 am	Vinyasa Yoga	M/B	60	CT
9:15 am	Spin	Spin	45	RB
9:50 am	Body Attack-NEW	A	60	JZ

SUNDAY

8:45 am	Spin	Spin	60	JM
9:30 am	Vinyasa Yoga	M/B	60	ST
9:50 am	Ab Solution	A	20	JM

MEQUON

Group Exercise Schedule

Instructors Key

Amy Amy Hall	CT Cori Timm	JL Jason Liegl	KD Kerry Dolberg	NB Nicole Bielecki	ST Staff	VO Vicki Oberdorf
AH Anne Harding	EB Eva Brooks	JM Jennifer Miller	KK Kyle Krogmann	RE Rachel Elliott	SD Sue Dlugopolski	
AF Annie Farley	GP Gina Pokorny	JH Jessica Heller	LG Lorraine Gorbanpoor	RB Rose Barnish	SP Susan Parks	
BF Bernie Feyrer	HB Hans Bremer	JD Jim Doucette	LL Luke Lewitzke	Sa Sarah Addeo	SA Susie Aeppler	
BC Betty Cerwinka	JV Jamie Van Dyck	KV Kathy Van Straten	LV Lynn Von Rueden	SK Scott Knaffla	TF Tom Feest	
CJ Chris Jansen	JZ Jane Zien	KS Katie Steffen	MF Marie Fanelli	MK Shelly Knaffla	TC Tracy Chrobak	

Location Key

A Studio A, Pool, MB

All Classes FREE for Members!