



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 3/19/2018

MONDAY

| | | | | |
|----------|-------------------|---------|----|----|
| 5:30 am | Cycle | cycle | 45 | MD |
| 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 | Pure Strength | A | 60 | AF |
| 9:15 am | Hot Yoga | MB | 60 | KH |
| 10:30 am | Cycle | cycle | 45 | AF |
| 4:00 pm | HIIT Camp | A | 60 | JG |
| 5:30 pm | LM Body PUMP 30 | A | 30 | TE |
| 6:00 pm | Pilates Fusion | MB | 45 | KV |
| 6:05 pm | LM Body Combat 30 | A | 30 | TE |
| 6:30 pm | Trek-N-Train | fitness | 45 | CH |
| 7:00 pm | Hatha Yoga | MB | 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 | MB | 60 | RW |
| 9:15 am | Cycle | cycle | 45 | RE |
| 10:00 am | Boxing | Studio | 10 | CH |
| | | A | | |
| 5:45 pm | Hot Yoga | MB | 60 | TF |
| 6:00 pm | H2O Blast | pool | 50 | PK |
| 6:00 pm | Cycle | cycle | 45 | AF |
| 7:00 pm | Hot Yoga | M/B | 60 | EG |

WEDNESDAY

| | | | | |
|----------|-------------------|-------|----|----|
| 5:30 am | Cycle | cycle | 45 | LL |
| 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 |
| 10:20 am | LM Body Combat 30 | gym | 30 | BE |
| 4:00 pm | HIIT Camp | A | 60 | JG |
| 5:15 pm | Boxing 45 | A | 45 | CH |
| 6:00 pm | Pilates Fusion | M/B | 45 | KV |
| 7:00 pm | Vinyasa Yoga | M/B | 75 | S |

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THURSDAY

| | | | | |
|----------|----------------|--------|----|----|
| 5:30 am | LM Body Pump | A | 60 | MD |
| 8:00 am | H2O Blast | pool | 50 | BF |
| 8:00 am | Pilates Fusion | A | 45 | NB |
| 9:15 am | Vinyasa Yoga | M/B | 75 | LG |
| 9:15 am | Cycle | cycle | 45 | EL |
| 9:15 am | 20/20/20 | A | 60 | LL |
| 10:15 am | Zumba | A | 60 | DW |
| 10:30 am | Beginning Yoga | M/B | 75 | LG |
| 5:30 pm | Intro Barre | Studio | 45 | JD |
| | | A | | |
| 6:00 pm | Cycle | cycle | 45 | JG |
| 6:15 pm | Pound | Studio | 6 | JD |
| | | A | | |
| 7:00 pm | Hot Yoga | M/B | 60 | EG |

FRIDAY

| | | | | |
|----------|-----------------------|---------|----|----|
| 5:30 am | Cycle | cycle | 45 | JD |
| 7:30 am | Cardio 30 | A | 30 | BF |
| 7:30 am | Trek-N-Train | fitness | 45 | JL |
| 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 | LM Body Pump | A | 60 | BE |
| 9:15 am | Cycle | cycle | 45 | CD |
| 9:15 am | Vinyasa Yoga | M/B | 60 | KH |
| 10:20 am | LM Body Combat 30 | A | 30 | BE |
| 10:30 am | Beginning Pilates Mat | M/B | 45 | ST |
| 4:00 pm | HIIT 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 | M/B | 60 | EG |
| 9:00 am | Making Waves | pool | 50 | SA |
| 9:10 am | 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 | 30 | JG |
| 10:30 am | Pilates Fusion | A | 45 | JG |
| 10:30 am | Beginning Yoga | M/B | 45 | SD |

Instructors Key

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

Location Key

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