


# Mequon Group Exercise Schedule



to get  email [anniefarley@eliteclubs.com](mailto:anniefarley@eliteclubs.com) emailed to you with schedule changes, new schedules, and traffic light changes!

Mequon Elite all classes are free with membership!

## Mequon's Group Exercise Schedule Effective 6/21/10

day	class	local	time	inst.
<b>MONDAY</b>				
5:30 a.m.	Spin	A	45	LV
8:00 a.m.	Step	A	60	BF
9:15 a.m.	Sculpt	A	60	An
6:00 p.m.	Zumba	A	60	LH
<b>TUESDAY</b>				
5:30 a.m.	Power Max	A	60	LV
8:00 a.m.	H2O Blast	Pool	45	JH
8:15 a.m.	Pilates Mat	MB	45	LB
9:00 a.m.	Spin Flex	A	60	VO
9:15 a.m.	Power Yoga	MB	60	SP
6:00 p.m.	Spin	A	45	An
6:00 p.m.	H2O Blast Plus	Pool	50	NB
7:00 p.m.	Vinyasa Yoga	MB	60	KD
<b>WEDNESDAY</b>				
5:30 a.m.	Spin	A	45	VO
8:00 a.m.	Step / Abs	A	60	BF
9:15 a.m.	Bosu Blast	A	45	MD
10:15 a.m.	Beginning Yoga	MB	60	LG
6:00 p.m.	20/20/20	A	60	LL
<b>THURSDAY</b>				
5:30 a.m.	Power Max	A	60	LV
8:00 a.m.	H2O Blast	Pool	45	BF
9:00 a.m.	Spin Flex	A	60	VO
10:15 a.m.	Sculpt	A	60	JM
7:00 p.m.	Vinyasa Yoga	MB	60	SP

### INSTRUCTOR KEY

AF	Andrea Florsheim	JH	Jessica Heller	LL	Luke Lewitzke	SP	Susan Parks
An	Annie Farley	JM	Jennifer Miller	LV	Lynn Von Rueden	VO	Vicki Oberdorf
BF	Bernie Feyrer	LB	Lorraine Bradshaw	KD	Kerry Dolberg		
JZ	Jamie Zietlow	LG	Lorriane Gorbanpoor	NB	Nicole Bielecki		
JL	Jason Liegl	LH	Laura Helleckson	SK	Scott Knaffla		

day	class	local	time	inst.
<b>FRIDAY</b>				
5:30 a.m.	Spin	A	45	SK
8:00 a.m.	Step / Sculpt	A	60	BF
9:15 a.m.	Spin	A	45	JA
10:15 a.m.	Beg. Pilates Mat	MB	45	JA
<b>SATURDAY</b>				
7:45 a.m.	Spin	A	60	JL
8:50 a.m.	Ab-Solution	A	20	JL
9:15 a.m.	Yoga Flow	MB	60	AF
<b>SUNDAY</b>				
9:00 a.m.	Spin	A	60	JM
10:00 a.m.	Ab-Solution	A	20	JM

### TRAFFIC LIGHT PROGRAM

The Elite Clubs offer a variety of classes each week. We have an attendance goal for each of these classes. We have implemented the following system to communicate with you, our members, about class status.

**Green Light** ~ Classes with good participation  
**Yellow Light** ~ Bring your friends!  
 The class needs more attendance to stay on our schedule.  
 Next check in 4 weeks.

**Red Light** ~ Class is in danger of leaving the schedule!  
 Next check in 2 weeks!  
**See our posted signs**

Find updated schedules @ [EliteClubs.com](http://EliteClubs.com)

## CARDIO / STRENGTH CLASSES

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**AB-SOLUTION** An intensive and effective 20 minute class targeting the abdominal region using a variety of fitness equipment. Get ready to learn proper technique for ab work and try new exercises to enrich your abdominal routine.

**SCULPT** High energy body sculpting combines moving and stationary resistance work to sculpt and define the body in a workout which has a 60% lower and 40% upper body split. If you want leg work, this is the class for you.

**SPIN** One of the best cardio workouts ever!!! This is an instructor led stationary spin bike class for all levels of fitness. Climb, lift, sprint and surge on the bike to motivating instruction and music.

**SPIN FLEX** This class combines 20 minutes of upper body / core strength training with a 40 minute Spin ride.

**STEP** This is a fun low-impact, high intensity cardio training class using traditional step equipment.

**STEP & ABS** This is a fabulous step class which ends with an awesome ab workout!

## CROSS TRAINING FUSION

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**20/20/20** An all in one work out!! 20 minutes of cardio, 20 minutes of strength, and 20 min. of abs and stretching. It doesn't get better than this.... All levels.

**BOSU BLAST** This class promises 45 minutes of dynamic interval training. It combines strength and cardio using the amazing BOSU, weights, bands and YOU! This is one blast of a workout!

**POWER MAX** This is one of Lynn Von Rueden's signature classes!! Class is broken into 4, 15 min segments of strength and cardio, for an overall exercise experience.

**STEP / SCULPT** Combining the aerobic benefits from Step with Sculpt's toning powers you'll experience a complete body overhaul during this 60 minute class.

**ZUMBA** A fusion of Latin & international music, Zumba creates a dynamic, effective fitness system that features aerobic/fitness interval training with a combination of fast & slow rhythms to tone & sculpt. Zumba dance routines maximize caloric output, fat burning & body toning.

## MIND / BODY CLASSES

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**BEGINNER PILATES MAT** This class teaches awareness of breath and alignment of the spine utilizing the deep torso muscles. Controlled movements in the form of basic mat exercises help build flexibility, strength, endurance, and coordination without adding muscle bulk.

**PILATES MAT** Building from a strong foundation developed in Beginning Pilates, this class teaches both new and challenging exercises of the full Pilates Repertoire. (Not recommended for anyone new to Pilates.)

**BEGINNER YOGA** Yoga uses physical poses, breathing techniques and meditation to achieve better health, as well as spirituality. This class will teach you the basics at a slower pace to allow you to learn & perfect techniques before moving on to more challenging levels.

**POWER YOGA** This advanced version of Yoga Flow offers a vigorous hour Yoga workout.

**VINYASA YOGA** A flowing yoga style that adapts the practice to each student's individual needs. Attention is focused on breathing techniques and developing advanced skills through weekly progressions and modifications.

**YOGA FLOW** Enjoy Yoga's restorative properties of health and harmony by practicing basic Yoga postures synchronized with breathing.

## WATER CLASSES

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**H2O BLAST** Take your cardio workout into the water with this joint friendly cardio class. This class will include some toning work using movement. 45 min

**H2O BLAST PLUS** Take your water workout to a whole new level with a cardio and strength focused blast... You'll love this pool class with a new attitude!!! 45 Min.

For proper warm-up and as a courtesy to others,  
please arrive on time!

Out of courtesy to other participants, please do not visit with  
neighbors during class.

Call Group Exercise Director Annie Farley  
262-241-4250 to discuss your group exercise experiences or  
to set up an orientation before attending your first class.

For an online schedule & for aerobic notices visit our website:  
[www.eliteclubs.com](http://www.eliteclubs.com)