



SEPTEMBER 2017 Group Fitness Schedule

Membership Office Hours: 262-502-1800

Monday-Thursday 10:00 am – 7:00 pm

Friday 9:00 am – 4:00 pm

Saturday & Other By Appointment Only

We reserve the right to cancel classes due to low attendance.

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am			Group Cycling 5:15–5:55am Rick		Group Cycling 5:15–5:55am Jen Mc.		
6:00am			Group Power® Express 6:05 – 6:50am Jen Mc.	Power Step 6:05 – 6:50m Jennifer	Pure Strength 6:05 – 6:50am Jen Mc.		
7:15am						Group Cycling 7:15 – 8:00am Instructor Varies	
8:15am or 8:30am	HIIT 45 8:30-9:15am Jen Mc.	Group Cycling 8:15-9:00am Jen Mc.	Body Basics 8:30-9:15am Sue Daniel	Group Power® 8:15–9:15am Sue Drewes	Turbo Kick® N' Tone 8:30-9:30am Jennifer	Group Power 8:15-9:15am Instructor Varies	
9:15am or 9:30am	Senior Fitness 9:30-10:15am Kathy	Group Power® 9:15-10:15am Sue Daniel		Senior Fitness 9:30-10:15am Kathy			
5:00pm	Turbo Kick® 5:00 – 5:50pm Jennifer	Group Power® 5:00 – 6:00pm Sue Drewes	HIIT 45 5:00-5:45pm Danielle	Group Power® 5:00 – 6:00pm Sue Daniel	BACK TO SCHOOL		
6:00pm	Group Cycling 6:00 – 6:45pm Rick	HIIT 45 6:00 – 6:45pm Leslie		Boot Camp 6:00 – 6:45pm Shannon			

CLASS DESCRIPTIONS

BODY BASICS is a low-impact workout that produces long, lean muscles. This class is unique in that it allows you to work on posture, flexibility, balance and core strength in a fun environment. Body Basics is a great compliment to your fitness through our classes offered.

BOOT CAMP is a circuit training class that has many forms but primarily involves moving from one station to another in set periods of time. Each interval varies from in time alternating between strength and cardio and using a variety of tools such as Step, weights, bands, balls, body weight exercises and more.

GROUP CYCLING uses a stationary studio cycle, intensity can be increased or decreased by changing the resistance level on the flywheel. Cycling builds endurance and trains leg muscles to be strong while being kinder to knees and ankles due to minimal weight bearing. Sign up to reserve a bike is required.

GROUP POWER® is Your Hour of Power! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere that will get your heart rate up, make you sweat, and push you to a personal best! Power Up!

GROUP POWER® EXPRESS is a shorter version of Group Power for those time pressed individuals.

HIIT 45 is a 45 minute interval training class. During the high and medium intensity exercises, your muscles will demand more oxygen, which then maximizes calorie burn! You will preserve muscle, build lean muscle mass and burn more calories during and after workouts!

POWER STEP is a 45 minute class that focuses on cardio, power, strength, balance and athletic training, all using a STEP and risers. The choreography will remain the same for 4 weeks, allowing you to learn the moves and push yourself more each week!

PURE STRENGTH will work your muscles in every way possible. By strengthening and toning through the use of hand weights, plate loaded barbells, tubing and your own bodyweight. Target major muscle groups, and ends with abdominal work and stretching. See the change in the shape of your body.

SENIOR FITNESS is a fun, energizing program that helps participants take greater control of their health by encouraging physical activity and offering social events. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, agility, balance and coordination for activities for daily living. Hand-held weights, elastic tubing with handles, and a variety of equipment options are offered for resistance. A chair may be used for seated and/or standing support. This gentle class is perfect for Silver Sneakers participants, seniors, or anyone that is new to, or returning to exercise.

TURBO KICK® is a combination of kickboxing moves, athletic moves, and lots of fun combinations all perfectly in tune to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength & endurance training, and a relaxing cool-down. Turbo Kick requires no previous kickboxing experience or equipment. You will find the right intensity for you. All fitness levels are welcome to this class.

TURBO KICK N' TONE is a combination of Turbo Kick and strength training. We begin with 30 min of our favorite parts of Turbo followed by 30 minutes of resistance and strength training for body and core.