



JUNE 2019 Fitness Schedule

Membership Office Hours: 262-502-1800

Monday-Thursday 10:00 am – 7:00 pm

Friday 10:00 am – 5:00 pm

Saturday & Other By Appointment Only

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

White = Complimentary / Green = Paid Training

Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am			Group Cycling 5:15-5:55 AM Rick		Group Cycling 5:15-5:55 AM Jen Mc.		
5:30am		TEAM 5:30-6:30 AM		TEAM 5:30-6 AM			
6:05am			Group Power® Express 6:05 – 6:50 AM Jen Mc.	Power Step 6:05 – 6:50 AM Jennifer	Pure Strength 6:05 – 6:50 AM Jen Mc.		
7:15am						Group Cycling 7:15 – 8:00 AM Instructor Varies	
8:15am		Group Cycling and Core 8:15-9:15 AM Jen Mc.		Group Power® 8:15-9:15 AM Jen Mc.	Turbo Kick® and Tone 8:15-9:15 AM Jennifer	Group Power 8:15-9:15 AM Instructor Varies	
8:30am	Insanity™ 8:30-9:15 AM Rulena		Body Basics 8:30-9:15 AM Chris				
9:30am	Senior Fitness 9:30-10:15 AM Kathy			Senior Fitness 9:30-10:15 AM Kathy	TEAM 9:30-10:30 AM		
10:00am and 10:30am		TEAM 10:00-11:00 AM				TEAM 10:00-11:00 AM	
11:00am and 11:30am	TEAM 11:00-12:00		TEAM 11:00-12:00				
5:00pm	Turbo Kick® 5:00 – 5:50 PM Jennifer	Group Power® 5:00 – 6:00 PM Mary Ellen	TEAM 5:00-6:00 PM Chris	TEAM 5:00 – 6:00 PM			
6:00pm	TEAM 6:00-7:00 PM	TEAM 6:00 – 7:00 PM	TEAM 6:00-7:00 PM	TEAM 6:00-7:00 PM			

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.

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.

INSANITY LIVE is the cardio-based, athletic-style workout that combines the best of HIIT (high-intensity interval training) and strength moves designed to help you get fit fast! Each high-energy workout is packed with cardio drills, plyometrics, and bodyweight strength moves that help you get lean and strong. No weights required! And because there are modifications for every fitness level, INSANITY LIVE is one of the most inclusive, inspiring, and innovative classes you'll ever do.

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.