

**Classes for the week of 2/6/2012
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MONDAY

| | | | | |
|----------|---------------------|---|----|----|
| 5:45 am | Spin | S | 45 | CB |
| 8:05 am | Kickbox Fusion | B | 55 | AS |
| 8:05 am | Beginner Mat | A | 55 | CW |
| 9:00 am | Body Pump | B | 60 | DK |
| 9:00 am | 40/20 | A | 60 | CS |
| 10:00 am | Vinyasa Yoga | A | 60 | KA |
| 10:00 am | Zumba - NEW! | B | 60 | AS |
| 11:15 am | New Energy Strength | B | 60 | MB |
| 11:15 am | CXWorx - NEW! | A | 30 | DY |
| 12:00 pm | Spin | S | 45 | MP |
| 5:30 pm | Spin - NEW Time! | S | 60 | SJ |
| 5:30 pm | Body Pump | B | 60 | DN |
| 5:30 pm | Fuse | A | 60 | JJ |
| 6:30 pm | CXWorx - NEW! | B | 30 | DN |
| 6:30 pm | Hot Yoga | A | 60 | TF |

TUESDAY

| | | | | |
|----------|--------------------|----|----|----|
| 5:45 am | Body Pump | B | 60 | DY |
| 8:30 am | Body Step | B | 60 | DN |
| 9:00 am | Spin | S | 45 | MP |
| 9:00 am | Treadin' - NEW! | FC | 30 | CB |
| 9:45 am | CXWorx - NEW! | B | 30 | DN |
| 10:00 am | Pilates Mat | A | 60 | YT |
| 12:00 pm | Body Pump | B | 60 | SC |
| 5:30 pm | Zumba | B | 60 | JC |
| 5:30 pm | Pilates & Strength | A | 60 | TR |
| 6:00 pm | Spin - NEW Time! | S | 60 | SJ |
| 6:30 pm | Vinyasa Yoga | A | 60 | RS |

WEDNESDAY

| | | | | |
|----------|---------------------|---|----|----|
| 5:45 am | Pilates Mat | A | 45 | YT |
| 5:45 am | Spin | S | 45 | CB |
| 9:00 am | Cardio Craze | A | 60 | DK |
| 9:00 am | Body Pump | B | 60 | SC |
| 10:00 am | Vinyasa Yoga | A | 60 | SD |
| 10:00 am | CXWorx - NEW! | B | 30 | DK |
| 11:15 am | New Energy Strength | B | 60 | MB |
| 11:15 am | CXWorx - NEW! | A | 30 | DY |
| 12:00 pm | Spin | S | 45 | MP |
| 5:30 pm | Spin - NEW Time! | S | 60 | SJ |
| 5:30 pm | Body Pump | B | 60 | DN |
| 5:45 pm | Body Step - NEW!!! | A | 45 | KB |
| 6:30 pm | CXWorx - NEW! | B | 30 | DN |
| 6:30 pm | Hot Yoga | A | 60 | SC |

THURSDAY

| | | | | |
|----------|-----------------------|---|----|----|
| 5:45 am | Body Pump | B | 60 | DY |
| 6:00 am | Vinyasa Yoga | A | 60 | AG |
| 8:05 am | Beginner Mat - NEW!!! | A | 55 | CW |
| 8:30 am | Body Step | B | 60 | DN |
| 9:00 am | Spin | S | 45 | MP |
| 10:00 am | Abs & Stretch - NEW! | A | 30 | YT |
| 12:00 pm | Body Pump | B | 60 | DY |
| 5:30 pm | Body Pump | B | 60 | LF |
| 5:30 pm | Zumba | A | 60 | LM |
| 6:00 pm | Spin - NEW Time! | S | 60 | SJ |

FRIDAY

| | | | | |
|----------|-----------------------|---|----|----|
| 5:45 am | Spin | S | 45 | LM |
| 8:15 am | Spin | S | 45 | MZ |
| 8:30 am | Body Step | B | 45 | DK |
| 9:15 am | Body Pump - NEW Time! | B | 45 | DK |
| 9:15 am | Breath and Meditation | A | 60 | MZ |
| 10:00 am | CXWorx - NEW! | B | 30 | DK |
| 10:00 am | Pilates Mat | A | 60 | YT |
| 11:15 am | New Energy Strength | B | 60 | MB |
| 12:00 pm | Spin | S | 45 | MP |

SATURDAY

| | | | | |
|---------|------------|---|----|----|
| 7:30 am | Spin | S | 45 | CB |
| 8:00 am | Power Hour | A | 60 | VA |
| 8:30 am | Body Pump | B | 60 | DY |
| 9:15 am | Power Yoga | A | 60 | RS |

SUNDAY

| | | | | |
|---------|-------------------|---|----|----|
| 8:00 am | CXWorx - NEW! | B | 30 | SC |
| 8:30 am | Spin | S | 45 | LM |
| 8:30 am | Hatha Yoga - NEW! | A | 60 | SC |
| 9:30 am | Pilates Mat | A | 60 | YT |

All Classes FREE for Members!

WEST BROOKFIELD

Group Exercise Schedule

Instructors Key

| | | | | |
|-----------------------|---------------------|---------------------|---------------------|---------------------|
| AG Amy Gardner | DN Deb Novak | LM Libby Mueller | SD Sarah Delgadillo | YT Yvette Trzcinski |
| AS April Scharfenburg | DY Dory Karinen | LF Lori Ford | SJ Scott Jeanis | |
| CS Cheri Strobel | JC Jessica Costas | MZ Melissa Zebrasky | SC Steve Cigich | |
| CB Christy Beckmann | JJ Jill Jelinski | MB Mike Bolan | TR Tami R | |
| CW Colleen Wallace | KB Kathleen Burbach | MP Mike Podoll | TF Tom Feest | |
| DK Deb Klimko | KA Kristi Antonneau | RS Rose Shanks | VA Various | |

Location Key

A Studio A, B Studio B, FC Fitness Center, S Spin Studio