

West Brookfield Group Exercise Schedule



Time Class Location Instructor Duration

MONDAY

5:45 a.m.	SPIN	S	CB	45
8:15 a.m.	Bosu Blast	A	CW	45
9:00 a.m.	Body Pump	B	DK	60
9 a.m.	40/20	A	DN	60
10:00 a.m.	Yoga Flow	A	KA	60
11:15 a.m.	New Energy	A	MB	60
12 noon	SPIN	S	MP	45
	Pilates Mat	B	SG	45
5:30 p.m.	FUSE	A	JJ	60
	BodyPump	B	DN	60
6:30 p.m.	Progressive Mat	A	SG	45

TUESDAY

5:45 a.m.	Body Pump	A	DY	60
	Treadin'	FC	CB	45
8:15 a.m.	Treadin'	FC	CB	45
8:30 a.m.	Body Step	A	DN	60
9:00 a.m.	SPIN	S	MP	45
9:05 a.m.	Trouble Zone Tone	B	SE	50
10:00 a.m.	Pilates Mat	B	MY	60
10:00 a.m.	Gentle Yoga	A	AG	60
12 Noon	Body Pump	B	SC	60
	Pilates Mat	A	MY	45
5:30 p.m.	SPIN	S	SJ	45
	ZUMBA	A	LG	60
6:30 p.m.	Body Pump	B	DN	60
	Yoga Flow	A	RS	60

WEDNESDAY

5:45 a.m.	SPIN	S	CB	45
	Pilates	A	YT	45
8:15 a.m.	Sculpt	A	CW	45
9:00 a.m.	Body Pump	B	SC	60
	Spin Fusion	S	PH	60
	40 / 20	A	JJ	55
10:00 a.m.	Yoga Flow	A	SD	60
11:15 a.m.	New Energy	B	MB	60
12 noon	SPIN	S	DY	45
5:45 p.m.	Progressive Mat	A	MY	30
6:00 p.m.	SPIN	S	SJ	60
6:30 p.m.	Pilates Mat	A	MY	60

Time Class Location Instructor Duration

THURSDAY

5:45 a.m.	Body Pump	B	JS	60
6:00 a.m.	Yoga Flow	A	AG	60
8:15 a.m.	Treadin'	FC	SE	45
8:30 a.m.	Body Step	A	DN	60
9:00 a.m.	SPIN	S	MP	45
10:00 a.m.	Pilates Mat	A	YT	60
Noon	Body Pump	B	DY	60
5:30 p.m.	ZUMBA	A	LG	60
	Body Pump	B	LF	60
6:15 p.m.	SPIN	S	SJ	60

FRIDAY

5:45 a.m.	SPIN	S	LM	45
8:15 a.m.	SPIN	S	MZ	55
8:30 a.m.	Body Step	A	DK	60
9:30 a.m.	Body Pump	B	DK	60
10:00 a.m.	Pilates	A	YT	45
11:15 a.m.	New Energy	B	MB	60
12 noon	SPIN	S	MP	45

SATURDAY

7:30 a.m.	SPIN	S	CB	45
8:00 a.m.	Power Hour	A	JJ/KB/DK	60
8:30 a.m.	Body Pump	B	DY	60
9:15 a.m.	Yoga Flow Plus	A	RS	60
9:45 a.m.	Pilates Mat	B	SG	45

SUNDAY

8:30 a.m.	SPIN	S	LM	45
9:30 a.m.	Pilates Mat	A	MY	45

Instructor Code:

AG Amy Gardner	KB Kathleen Burbach	RS Rose Shanks
BP Bert Parker	KT Katie Beaumier	SG Selina Giacinto
CB Christy Beckmann	LF Lori Ford	SC Steve Cigich
CW Colleen Wallace	LG Lisa GinnLM	SD Sarah Delgadillo
DK Deb Klimko	LM Libby Mueller	SE Seth Eckl
DN Deb Novak	MB Mike Bolan	SJ Scott Jeanis
DY Dory Karinen	MP Mike Podoll	YT Yvette Trzcinski
JC Jessica Costas	MY Mary Peret	V Various
JJ Jill Jelinski	MZ Melissa Zebrasky	
JS Jodi Sharp	PD Paul Dehler	
KA Kristi Antonneau	PH Pam Holseth	

Schedule effective 7/8/10

LOCATIONS KEY

- A = Studio A
- B = Studio B
- FC = Fitness Center, 2nd floor
- S = Spin Studio 2nd floor

All Classes FREE for Members!

600 N. Barker Rd. Brookfield WI 53045 ~ 262-786-3330

BLUEMOUND ELITE CLASSES ARE FREE for ELITE MEMBERS -

CARDIO CLASSES

BODY STEP Feel liberated and alive with the energizing step workout that pushes fat-burning systems into high gear.

NEW ENERGY Looking for some NEW ENERGY? Join this easy to follow class that will condition your heart & lungs. Gain muscle strength & endurance using hand-held weights, elastic tubing with handles and a ball. (recommended for beginners)

POWER HOUR will vary week to week. Class type will be one of the following: Body Step, Step and Strength, or Cardio Craze.

SPIN 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 FUSION What happens when you "Fuse" 30 minutes of spin with 30 minutes of Strength and CORE work? A great class where you can hit it all in one hour.

TREADIN This is an instructor led treadmill class for all levels. Have fun & get more out of your treadmill work.

Trouble Zone Tone A fast pace class that hits all the trouble zones using weights and cardio while being motivated by fun music.

ZUMBA A "FUN AND EASY TO DO" workout which combines high energy and motivating music with unique moves that allow members to dance away their worries. Try this "FEEL-HAPPY" workout. No dance experience required.

STRENGTH CLASSES

BODY PUMP Body Pump is an exercise concept that works every major muscle group in a complete workout ideal for men and women, beginners through experienced exercisers. This weight workout uses barbells with adjustable weights and is set to motivating music directed by only certified Body Pump instructors.

NEW ENERGY STRENGTH Not sure how to add weights and strength work into your routine? Let our fitness staff guide you during this easy to follow workouts. Wake up your muscles from head to toe!

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.

Group Class Guidelines

- 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 Aerobics Coordinator Colleen Wallace to discuss your group exercise experiences or to set up an orientation before starting a new class.
- For an online schedule & for aerobic notices visit our website: www.eliteclubs.com

CROSS TRAINING / FUSION

40/20 This total conditioning class is a combination of 40 minutes of cardio mix and 20 minutes of strength training (weights, medicine balls, flexi bands, body bars).

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

FUSE Short on time? This cardio/sculpt workout delivers results with a workout combining 30 minutes of cardio with 30 minutes of sculpt.

YOGA / MAT & STRETCH CLASSES

GENTLE YOGA This class will teach you the basic yoga postures at a slower pace allowing you to learn & perfect techniques before moving on to more challenging levels.

PILATES MAT This class teaches the essential Pilates Mat exercise series. Light weights may be added with a Pilates format.

YOGA FLOW PLUS Elite Yoga practitioners will enjoy this advanced Yoga workout which will test your agility, flexibility, breath work and stamina.

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

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 achieving > 75% of target

Yellow Light ~ Classes achieving 30-75% of target

Red Light ~ Classes achieving < 30% of target

You will see a colored dot next to the class name on the studio posters if the class goal is not being met.

Yellow ~ Bring your friends!

The class needs more attendance to stay on our schedule.

Next check in 4 weeks.

Red ~ Class is in danger of leaving the schedule!

Next check in 2 weeks!

See our posted signs