

MONDAY

5:30-6:15am BODYPUMP 45
Studio A | Jessica D

5:45-6:30am Cycle 45
Cycle Studio | Tim M

7-8am Body Basics
Studio A | Margo

8-9am Cardio Strength
Studio A | Margo

8:15-9am Cycle 45
Cycle Studio | Heather P

8:15-9:15am Code Red 60 R
Training Studio | Colleen

9-10am Aqua Interval
Family Pool | Melanie

9:15-10am Barre R
Flex Studio | Kristi

9:15-10:15am Pilates Mat
Studio A | Christine

9:30-10:15am TRX Boot Camp R
Performance Zone | Jake F

12:15-12:45pm TRX R
Last Monday of Month is Cycle
Performance Zone | Lynn

4:30-5:30pm Code Red 60 R
Training Studio | Cole

4:45-5:15pm GRIT strength
Studio A | Jada

5:30-6:30pm Kickfusion
Studio A | Mikki

5:30-6:30pm Barre R
Flex Studio | Erika

5:45-6:30pm Finish Strong R
Training Studio | Susie

5:45-6:30pm Cycle 45
Cycle Studio | Heather B

TUESDAY

5:15-5:45am Code Red 30 R
Training Studio | Christine H

5:45-6:15am Strength 30
Studio A | Mikki

7-8am Aqua Fit
Family Pool | Donna

7:30-8:15am Pilates
Studio A | Judi

8:15-9am RPM
Cycle Studio | Erika F

9:15-10:15am BODYPUMP 60
Studio A | Heather P

9:15-10:15am Finish Strong R
Training Studio | Jesse

10:15-11am Strength 45
Studio A | Lynn

12:15-12:45pm Strength 30
Studio A | Lynn

4:30-5pm Code Red 30 R
Training Studio | Heather P

5:15-6pm RPM
Cycle Studio | Becky

5:15-6pm TRX R
Performance Zone | Jada

5:30-6pm Code Red 30 R
Training Studio | Heather P

5:30-6pm Strength 30
Studio A | Kristin

5:30-6:15pm Pilates Fusion R
Flex Studio | Lynn

6-7pm Cardio Dance Fusion
Studio A | Tomi

WEDNESDAY

5:30-6:15am BODYPUMP 45
Studio A | Jessica D

5:45-6:30am Aqua Zumba
Family Pool | Crystal

5:45-6:45am Boot Camp
Tennis Court | Erika H

7-8am Body Basics
Studio A | Margo

8-9am Cardio Strength
Studio A | Cindy

8:15-9am Spinterval
Cycle Studio | Heather P

9-10am Aqua Interval
Family Pool | Melanie

9:15-10am BODYPUMP 45
Studio A | Kate

9:15-10am Stretch & Core
Performance Zone | Cole

9:30-10:30am Code Red 60 R
Training Studio | Jada/Colleen

12:15-12:45pm Finish Strong R
Training Studio | Jessica V

4-4:30pm Code Red 30 R
Training Studio | Cole

4:45-5:15pm GRIT strength
Studio A | Heather P

5:30-6:15pm BODYPUMP 45
Studio A | Kate

5:45-6:30pm Cycle 45
Cycle Studio | Jeremy

6-6:45pm TRX R
Performance Zone | Elliot

THURSDAY

5:15-5:45am Code Red 30 R
Training Studio | Jordyn S

5:30-6:15am TRX R
Performance Zone | Jesse

7-8am Aqua Fit
Family Pool | Donna

7:30-8:15am Pilates
Performance Zone | Judi

8:15-9am RPM
Cycle Studio | Heather P

9:15-10:15am BODYPUMP 60
Studio A | Erika F

9:15-10am Finish Strong R
Training Studio | Jesse

10:15-11am Strength 45
Studio A | Lynn

12:15-12:45pm Strength 30
Studio A | Lynn

4:45-5:15pm Code Red 30 R
Training Studio | Jada

5:15-6:15pm Cycle 60
Cycle Studio | Tim G

5:15-5:45pm Boot Camp
Studio A | Hannah

5:30-6pm Code Red 30 R
Training Studio | Jada

5:45-6:30pm Barre R
Flex Studio | Carrie

6-7pm Cardio Dance Fusion
Studio A | Tomi

MARCH 2020 GROUP EX

FRIDAY

5:30-6:15am BODYPUMP 45
Studio A | Colleen

5:30-6:30am Code Red 60 R
Training Studio | Cole

5:45-6:45am Boot Camp
Studio B | Erika H

7-8am Body Basics
Studio A | Margo

8-9am Step & Strength
Studio A | Cindy

8:15-9am Spinterval
Cycle Studio | Erika F

9-10am Aqua Interval
Family Pool | Joanne

9:15-10am Pilates Fusion R
Flex Studio | Judi

9:15-10am Pilates Plus
Studio A | Lynn

9:30-10:30am Code Red 60 R
Training Studio | Charity

12:15-12:45pm GRIT strength
Studio A | Melanie

SATURDAY

7:30-8:30am Cycle 60
Cycle Studio | Staff

7:30-8:30am Aqua Interval
Family Pool | Staff

8-9am BODYPUMP 60
Studio A | Staff

8-8:45am Finish Strong R
Training Studio | Colleen

8:45-9:30am TRX R
Performance Zone | Lynn

9-9:45am Cycle 45
Cycle Studio | Staff

9:15-10:15am Zumba
Studio A | Crystal

9:15-10:15am Code Red 60 R
Training Studio | Carli

SUNDAY

7:30-8:15am Cycle 45
Cycle Studio | Staff

8:30-9am GRIT strength
Studio A | Staff

SPORTS CORE

R ADVANCED REGISTRATION CLASSES

Classes marked with an orange "R" have limited space available and require advanced registration to reserve your spot. 2-Hour cancellation notice required.

"No-Call, No-Shows" who do not call to cancel 2 hours or more before class will be charged \$12

Register at the Reception Desk (920-457-4444), on the mobile app or online at sc.clubautomation.com up to a week in advance.

All group exercise classes are complimentary for members.

*Guests/Hotel Guests: \$15/class
Drop in classes cannot be registered for in advance and are available on a first come, first served basis.

TOTAL BODY

Blend cardio and strength. Full-body workout.

BOOT CAMP

Expect anything! May include cardio drills, HIIT and training circuits.

CARDIO DANCE FUSION

High-energy dance fitness set to a mix of pop, latin-fusion and hip-hop music. No experience needed.

CODE RED

Heart-rate monitored. Combines cardio interval training and strength training to ensure max calorie burn. *Heart-rate monitor provided for use.*

FINISH STRONG

Tabata training switching from smooth, controlled strength moves to faster cardio.

KICKFUSION

Kicking and punching combinations with strength moves to engage muscles while increasing body awareness and control.

SPINTERVAL

Indoor cycling class that incorporates intervals of strength and core exercises off the bike with high cardio bouts on the bike.

STEP & STRENGTH

Beginner to intermediate. Low impact aerobics and strength work that is easy on the joints but with cardio overtones.

TRX

Develops strength, balance, flexibility and core stability using TRX Suspension system.

CARDIO

Designed to increase heart-rate, improve endurance and maximize calorie burn.

CYCLE

Indoor group cycling where you will discover the athlete within. High-energy, exhilarating and easy on the joints. **24 participants per class*

RPM™: Les Mills Cycle - Combines Music & Motivation

GRIT™

30-minute HIIT workout to improve cardiovascular fitness, increases speed and maximizes calorie burn.

ZUMBA

Zumba combines high-energy and motivating Latin music with unique moves and combinations. No dance experience required.

STRENGTH

Focus on building strength and lean muscle.

BODYPUMP™

A group-based barbell class that works all your major muscle groups and helps you get lean, build strength and tone muscle.

BODY BASICS

All ages and abilities. A challenging but gentle-to-the-joints class.

STRENGTH

High Intensity complete strength workout using a variety of fitness equipment.

FLEX

Incorporate flexibility, body control and strength for a full-body workout.

BARRE

Define your body with this total-body workout. Incorporate principles of functional strength training, dance & Pilates to lengthen and strengthen your arms, legs and core.

PILATES FUSION

Utilize the Pilates Chairs and other accessory tools to achieve a powerful, mindful body workout that will increase strength, flexibility, balance, and mobility.

PILATES (MAT)

All levels. A mixed-level mat Pilates class that focuses on exercises to strengthen muscles and add flexibility. Variations offered to students.

PILATES PLUS - Higher intensity pilates mat

STRETCH & CORE

Stretching and strengthening poses, syncing movement with breath, followed by core specific strength exercises.

AQUATIC

AQUA FIT

A low-impact, complete workout.

AQUA INTERVAL

Alternating aerobic intensity intervals. Strength work included.

AQUA ZUMBA

Blend Zumba philosophy with water resistance. Low impact. High-energy. Party in the pool.

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 Sports Core Member App