

MONDAY

5:30-6:15am **Boot Camp**
Studio A | Jayke

5:45-6:30am **Cycle 45**
Cycle Studio | Natasha

7-8am **Body Basics**
Studio A | Margo

8-8:30am **Step Express**
Studio A | Margo

8:15-9am **Cycle 45**
Cycle Studio | Therese

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

8:30-9am **Strength 30**
Studio A | Margo

9-10am **Aqua Interval**
Family Pool | Kay

9:15-10am **Barre-Classic**
Flex Studio | Judi **R**

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

9:30-10:15am **TRX**
Performance Zone | Charity **R**

12:15-12:45pm **TRX**
Performance Zone | Lynn **R**

12:15-1pm **Tai Chi**
Studio A | Michael

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

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

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

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

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

TUESDAY

5:15-5:45am **Code Red 30**
Training Studio | Charity **R**

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

7-8am **Aqua Fit**
Family Pool | Donna

7:30-8am **Mind Body**
Studio A | Judi

8-8:30am **Core & More**
Studio A | Judi

8:15-9:15am **Cycle 60**
Cycle Studio | Heather P

8:30-9am **Balance**
Studio A | Judi

9:15-10:15am **BODYPUMP 60**
Studio A | Jessica D

9:15-10am **Cycle 45**
Cycle Studio | Lynn

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

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

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

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

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

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

6-6:45pm **Pilates Fusion**
Flex Studio | Lynn **R**

6-7pm **Zumba | Core**
Studio A | Crystal/Mikki

7-7:30pm **Mind Body**
Studio A | Lynn

WEDNESDAY

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

5:30-6am **Abs Express**
Tennis Court | Erika H

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

5:45-6:30am **Cycle 45**
Cycle Studio | Natasha

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

7-8am **Body Basics**
Studio A | Margo

8-8:30am **High/Low**
Studio A | Margo

8:15-9am **Spinterval**
Cycle Studio | Charity

8:30-9am **Strength 30**
Studio A | Margo

9-10am **Aqua Interval**
Family Pool | Joanne

9:15-10am **BODYPUMP 45**
Studio A | Charity

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

9:45-10:45am **Code Red 60**
Training Studio | Jada/Heather P **R**

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

4:30-5pm **HIIT 30**
Studio A | Heather P

5:30-6:30pm **Code Red 60**
Training Studio | Heather P **R**

5:30-6:30pm **BODYPUMP 60**
Studio A | Colleen

5:45-6:30pm **Cycle 45**
Cycle Studio | Staff

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

THURSDAY

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

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

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

7-8am **Aqua Fit**
Family Pool | Donna

7:30-8am **Mind Body**
Performance Zone | Judi

8-8:30am **Core & More**
Performance Zone | Judi

8:15-9am **BODYPUMP 45**
Studio A | Erika F

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

8:15-9am **Circuit Strength**
FTC | Christine

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

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

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

4:30-5:30pm **Cycle 60**
Cycle Studio | Tim/Heather P

5:15-6pm **Boot Camp**
Studio A | Hannah

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

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

FRIDAY

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

5:45-6:45am **Cycle 60**
Cycle Studio | Jake A

5:45-6:45am **Code Red 60**
Training Studio | Lauren **R**

7-8am **Body Basics**
Studio A | Margo

8-8:30am **Step Express**
Studio A | Cindy

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

8:30-9am **Strength 30**
Studio A | Cindy

9-10am **Aqua Interval**
Family Pool | Joanne

9:15-10am **Barre-Classic**
Flex Studio | Judi **R**

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

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

12:15-1pm **Boot Camp**
Studio A | Jayke

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**
Training Studio | Colleen **R**

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

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

9:15-10:15am **Zumba 60**
Studio A | Crystal

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

R Classes marked with a red 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) or online at sc.clubautomation.com up to a week in advance.

HIGH INTENSITY

Blend cardio and strength. Full-body workout.

BOOT CAMP

Expect anything! May include cardio drills, kickboxing moves, high intensity/low intensity intervals and training circuits.

CODE RED

Heart-rate monitored specialty class combining cardio interval training and strength training to ensure maximum calorie burn. Run as 30 or 60 minute classes. *Heart-rate monitor provided for use.*

FINISH STRONG

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

HIGH/LOW EXPRESS

High/low cardio without the high impact of many HIIT programs. No equipment used.

HIIT

High-intensity interval training alternating short periods of intense anaerobic exercise with less intense recovery periods.

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.

TRX

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

MIND BODY

Designed to connect mind and body while bringing flow and energy to your day.

MIND BODY

Basic elements of Pilates, Tai Chi, Yoga and functional movement.

TAI CHI

Ancient Chinese practice combining slow, deliberate movement, meditation and breath.

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*

STEP EXPRESS

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

ZUMBA

All levels. 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.

ABS EXPRESS

7-10 ab moves you can do on your own other days of the week. Finish up with a brief run to warm up muscles and burn a few more calories.

BODYPUMP™

A group-based barbell class that works all your major muscle groups and helps you get lean, build strength and tone muscle. Run as 30, 45 or 60 minute classes.

BODY BASICS

All ages and ability groups. A challenging but gentle-to-the-joints combination of cardiovascular exercise, strength, balance and flexibility activities.

CIRCUIT STRENGTH

Using strength equipment in the Fitness Training Center along with core work.

CORE & MORE

The name says it all! 30 min of working core, glute and legs. Stability vs mobility at its best.

STRENGTH

High Intensity complete strength workout using a variety of fitness equipment. Run in 30, 45 or 60 minute classes.

FLEX

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

BALANCE

Flexibility, mobility and strengthening exercises to improve your balance and stability. Mindful movement, focus and control.

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.

BARRE CLASSIC - has a more traditional, classical ballet style to technique portion of class.

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.

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.*