

MONDAY

5:30-6:15am BODYPUMP 45 Studio A Jessica D
5:45-6:30am Cycle 45 Cycle Studio Jake
7-8am Body Basics Studio A Margo
8-8:30am Step Express Studio A Margo
8:15-9am Cycle 45 Cycle Studio Staff
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 Melanie
9:15-10am Pilates Mat Studio A Christine H
9:15-10am Barre Flex Studio Kristi F
9:30-10:15am TRX Performance Zone Charity R
10:30-11am GRIT Studio A Melanie
12:15-12:45pm TRX Performance Zone Lynn R
4:30-5:30pm Code Red 60 Training Studio Cole 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

TUESDAY

5:15-5:45am Code Red 30 Training Studio Christine H 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
8:15-9am Cycle 45 Cycle Studio Heather P
8:30-9am Balance Studio B Judi
8:30-9am GRIT Studio A Jessica D
9:15-10:15am BODYPUMP 60 Studio A Heather P
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 Code Red 30 Training Studio Heather P R
5:30-6pm Strength 30 Studio A Kristin
5:30-6:15pm Pilates Fusion Flex Studio Lynn R
6-7pm Cardio Dance Fusion Studio A Tomi

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 Melanie
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 Melanie
9:15-10am BODYPUMP 45 Studio A Charity
9:15-10am Stretch & Core Performance Zone Cole
9:45-10:45am Code Red 60 Training Studio Jada/Heather P R
12:15-12:45 Finish Strong Training Studio Jessica V R
4-4:30pm Code Red 30 Training Studio Cole R
4:30-5pm GRIT Studio A Heather P
5:30-6:30pm Code Red 60 Training Studio Heather P R
5:30-6:30pm BODYPUMP 60 Studio A Kate
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
7:30-8am Mind Body Performance Zone Judi
8-8:30am Core & More Performance Zone Judi
8:15-9am Cycle 45 Cycle Studio Heather P
8:30-9am GRIT Studio A Jessica D
9:15-10:15am BODYPUMP 60 Studio A Erika F
9:30-10am Code Red 30 Training Studio Colleen R
10:15-11am Strength 45 Studio A Lynn
12:15-12:45pm Strength 30 Studio A Lynn
4:45-5:15pm Code Red 30 Training Studio Jada R
5:15-5:45pm Boot Camp Studio A Hannah
5:30-6pm Code Red 30 Training Studio Jada R
5:45-6:30pm Barre Flex Studio Carrie R

SATURDAY

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

FRIDAY

5:30-6:15am BODYPUMP 45 Studio A Colleen
5:45-6:45am Boot Camp Studio B 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
8-8:30am Code Red 30 Training Studio Melanie R
8:15-9am Spinterval Cycle Studio Erika F
8:30-9am Strength 30 Studio A Cindy
9-10am Aqua Interval Family Pool Staff
9:15-10am Pilates Fusion 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 CONT.

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*

GRIT CARDIO™

30-minute HIIT workout to improve cardiovascular fitness, increases speed and maximizes calorie burn. Uses a variety of body weight exercises and get results fast.

STEP EXPRESS

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

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.

ABS EXPRESS

7-10 ab moves you can do on your own other days of the week. Finish up with a brief run.

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 abilities. A challenging but gentle-to-the-joints combo of cardiovascular exercise, strength, balance and flexibility activities.

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.