

MONDAY

5:15-6am
Strength and Core
Backyard | Cathy

5:30-6:15am - High Voltage
Tennis Courts | Sydney

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

7-8am - Body Basics
Tennis Courts | Margo

8-9am - Cardio Strength
Studio A | Margo

8:15-9am - Cycle 45
Deck | Jake

9-10am - Aqua Interval
Family Pool | Melanie

9:15-10am - High Voltage
Backyard | Cathy

9:15-10am
TRX Bootcamp
Backyard | Hannah

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

12:15-12:45pm - Strength 30
Deck | Lynn

4:30-5pm
GRIT Strength
Deck | Jada

5:15-6pm - High Voltage
Backyard | Cathy

5:30-6:30pm - Barre
Deck | Erika

TUESDAY

5:15-6am - Pilates Mat
Performance Zone | Christine

5:30-6am - GRIT
Deck | Jessica D

7:15-8am - Pilates
Deck | Judi

8:15-9am - RPM
Deck | Heather P

9:15-10am - High Voltage
Backyard | Hannah

9:15-10:15am
BODYPUMP 60
Deck | Heather P

12:15-12:45pm - Strength 30
Deck | Lynn

4:30-5:15pm - BodyCombat
Deck | Jessica D

5:15-6pm - High Voltage
Tennis Courts | Jordyn

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

5:30-6:15pm
BODYPUMP 45
Deck | Kate

WEDNESDAY

5:30-6am - Aqua Interval
Family Pool | Melanie

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

5:45-6:45am - Boot Camp
Backyard | Erika H

7-8am - Body Basics
Tennis Courts | Margo

8-9am - Cardio Strength
Studio A | Cindy

8:15-9am - Spinterval
Deck | Heather P

9-10am - Aqua Interval
Family Pool | Joanne

9:15-10am - Barre
Deck | Kate

9:15-10am - High Voltage
Backyard | Hannah

12:15-12:45pm - GRIT
Deck | Jessica D/Heather P

4:30-5pm - GRIT Strength
Deck | Heather P

5:30-6:15pm - SHRED
Backyard | Heather P

5:30-6:30pm - Barre
Deck | Kristi

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

THURSDAY

5:15-6am - Strength & Core
Performance Zone | Sydney

5:30-6:15am - High Voltage
Backyard | Jordyn

5:30-6am - GRIT
Deck | Colleen

7:15-8am - Pilates
Deck | Judi

8:15-9am - RPM
Deck | Heather P

9:15-10:15am
BODYPUMP 60
Deck | Erika F

9:15-10am - High Voltage
Backyard | Sydney

12:15-12:45pm - Strength 30
Deck | Lynn

4:30-5:15pm - BodyCombat
Deck | Teri

5:15-6pm - High Voltage
Backyard | Melanie

5:30-6:15pm
BODYPUMP 45
Deck | Heather P

FRIDAY

5:30-6:15am - BODYPUMP 45
Deck | Colleen

5:45-6:45am - Boot Camp
Backyard | Erika H

7-8am - Body Basics
Tennis Courts | Margo

8-9am - Cardio Strength
Studio A | Cindy

8:15-9am - Spinterval
Deck | Lynn

9-10am - Aqua Interval
Family Pool | Melanie

9:15-10am - High Voltage
Backyard | Sydney

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

9:15-10am - TRX Boot Camp
Backyard | Jake

12:15-12:45pm - GRIT
Deck | Melanie

SATURDAY

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

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

8:30-9:30am
BODYPUMP 60
Deck | Staff

9-9:45am High Voltage
Backyard | Carli

SUNDAY

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

8:30-9am GRIT Strength
Deck | Staff

Advanced Registration Required. All classes have limited space available and require advanced registration.

Two-hour cancellation notice required. No-call, no-shows who do not cancel two hours or more in advance will be charged \$12.

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

TOTAL BODY

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.

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.

HIGH VOLTAGE

High Voltage is a circuit class rotating between cardio, core, and strength stations to deliver a complete body workout.

GRIT

30 minute high intensity training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn to get results fast.

BODYCOMBAT

Les Mills high-energy martial arts-inspired workout that is totally non-contact. Release stress, have a blast, and feel like a champ. No experience needed.

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 cycling workout where you control the intensity. Combines music and motivation.

Cardio/Strength

Begin with 30 minutes of low impact cardio and finish with 30 minutes of strength to improve cardiovascular health and muscular strength.

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. Run as 30, 45 or 60 minute classes.

STRENGTH

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

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 MAT

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

BODY BASICS

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

AQUATIC

AQUA INTERVAL

Alternating aerobic intensity intervals. Strength work included.