

## MONDAY

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

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 | Staff

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**

## 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

8:15-9:15am **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 | Mikki

## 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 | Staff

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

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**

## 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 | Staff

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](http://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.*