

MONDAY

5:15-6am
Strength and Core
Performance Zone |
Cathy

5:30-6:15am
High Voltage
Training Studio | Lily

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

7-8am - Body Basics
Tennis Courts | Margo

8-9am
Cardio Strength
Studio A | Cindy

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

9-10am - Aqua Interval
Family Pool | Joanne

9:15-10am
High Voltage
Training Studio | Cathy

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

10:15-11am
TRX Boot Camp
Performance Zone |
Hannah

10:15-11am
BODYCOMBAT 45
Studio A | Jessica D

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

4:30-5pm
GRIT Strength
Studio A | Heather P

5:15-6pm
High Voltage
Training Studio | Cathy

5:30-6:30pm - Barre
Studio A | Aurora

TUESDAY

5:15-6am - Pilates Mat
Studio A | Christine

5:30-6:15am
BODYCOMBAT 45
Tennis Courts |
Jessica D

6:15-7am
Step Aerobics
Tennis Courts | Colleen

7:15-8am - Pilates
Tennis Courts | Judi

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

9:15-10am
High Voltage
Training Studio |
Hannah

9:15-10am
BODYPUMP 45
Studio A | Heather P

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

4:30-5:15pm
BODYCOMBAT 45
Studio A | Teri

5:15-6pm - TRX
Training Studio | Cathy

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

6:30-7:15pm
Cardio Dance Fusion
Studio A | Kristi

WEDNESDAY

5:15-6am
Aqua Interval
Family Pool | Amy

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

9:15-10am - Barre
Studio A | Kate

9:15-10am
High Voltage
Training Studio | Carli

10:15-11am
BODYCOMBAT 45
Studio A | Teri

12:15-12:45pm
BODYCOMBAT 30
Studio A | Jessica D

4:30-5pm - GRIT
Strength
Studio A | Heather P

5:30-6:15pm - SHRED
Training Studio |
Heather P

5:30-6:30pm - Barre
Studio A | Kristi

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

THURSDAY

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

5:30-6:15am
High Voltage
Training Studio | Jordyn

5:30-6am - GRIT
Tennis Courts | Colleen

6:15-7am
Step Aerobics
Tennis Courts | Colleen

7:15-8am - Pilates
Tennis Courts | Judi

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

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

9:15-10am
High Voltage
Training Studio |
Colleen

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

1-1:45pm - Pilates Mat
Studio A | Lynn

4:30-5:15pm
BODYCOMBAT 45
Studio A | Heather P

5:15-6pm
High Voltage
Training Studio | Lily

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

6:30-7:15pm - Tai Chi
Studio A | Fred

FRIDAY

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

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

6:15-7am - Tai Chi
Tennis Courts | Fred

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
Training Studio |
Colleen

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

10:15-11am
TRX Boot Camp
Training Studio | Elliot

10:15-11am
BODYCOMBAT 45
Studio A | Heather P

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

SATURDAY

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

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

8:30-9:15am
BODYPUMP 45
Studio A | Staff

9-9:45am
High Voltage
Training Studio | Lily

SUNDAY

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

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

Advanced registration required and limited space available for all classes.
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

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.

SHRED

Combines cardio intervals, total body strength and core exercises to challenge both your cardiovascular and muscular endurance.

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.

Step Aerobics

Step aerobics is a classic cardio workout. It has lasted for decades because it delivers results. Get your heart and lungs in shape while shaping and toning your body.

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.

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 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.

TAI CHI

Tai Chi is a program for adults seeking to enhance static/dynamic balance and improve muscular strength. This beginner program follows the contemporary simplified 24-form Tai Ji Quan routine with a focus from its historical use as a martial art or recreational activity. Tai chi targets all the physical components needed to stay upright—leg strength, flexibility, range of motion and reflexes—all of which tend to decline with age.

AQUATIC

AQUA INTERVAL

Alternating aerobic intensity intervals. Strength work included.