

MONDAY

- 5:30-6:15am High Voltage
Tennis Courts | Jayke
- 5:15-6am Strength and Core
Performance Zone | Cathy
- 5:30-6:15am BODYPUMP 45
Studio A | Jessica D
- 7-8am Body Basics
Tennis Courts | Margo
- 8-9am Cardio Strength
Studio A | Margo
- 8:15-9am Cycle 45
Cycle Studio | Heather P
- 9-10am Aqua Interval
Family Pool | Melanie
- 9:15-10am High Voltage
Tennis Courts | Cathy
- 9:15-10am TRX Bootcamp
Performance Zone | Hannah
- 9:15-10am Barre
Deck/Courts | Kristi
- 9:15-10am Pilates Mat
Studio A | Christine
- 12:15-12:45 Strength 30
Studio A | Lynn
- 4:30-5pm GRIT Strength
Studio A | Jada
- 5:15-6pm High Voltage
Tennis Courts | Cathy
- 5:30-6:15pm Cardio Kick
Studio A | Mikki
- 5:30-6:30pm Barre
Deck/Perf Zone | Erika

TUESDAY

- 5:30-6:15am High Voltage
Tennis Courts | Jordyn
- 5:15-6am Pilates Mat
Performance Zone | Christine
- 5:30-6am GRIT Strength
Studio A | Jessica D
- 7:15-8am Pilates
Studio A | Judi
- 8:15-9am RPM
Cycle Studio | Becky
- 9:15-10:15am BODYPUMP 60
Studio A | Heather P
- 9:15-10am High Voltage
Tennis Courts | Hannah
- 12:15-12:45pm Strength 30
Studio A | Lynn
- 4:30-5:15pm SHRED
Studio A | Heather P
- 5:15-6pm High Voltage
Tennis Courts | Colleen
- 5:30-6:15pm BODYPUMP 45
Studio A | Kate
- 5:15-6pm TRX
Performance Zone | Jada
- 6:15-7pm Cardio Dance Fusion
Studio A | Tomi

WEDNESDAY

- 5:30-6:15am BODYPUMP 45
Studio A | Jessica D
- 5:45-6:45am Boot Camp
Tennis Court | Erika H
- 7-8am Body Basics
Tennis Courts | Margo
- 8-9am Cardio Strength
Studio A | Cindy
- 8:15-9am Spinterval
Cycle Studio | Heather P
- 9-10am Aqua Interval
Family Pool | Joanne
- 9:15-10am High Voltage
Tennis Courts | Hannah
- 9:15-10am Barre
Studio A | Kate
- 12:15-12:45pm GRIT
Studio A | Jessica D/
Heather P
- 4:30-5pm GRIT Strength
Studio A | Heather P
- 5:30-6:15pm SHRED
Studio A | Heather P
- 5:30-6:15pm Barre
Deck/Courts | Kate/Kristi
- 6-6:45pm TRX
Performance Zone | Elliot

THURSDAY

- 5:30-6:15am High Voltage
Tennis Courts | Jordyn
- 5:15-6am Strength and Core
Performance Zone | Suzie
- 5:30-6am GRIT Strength
Studio A | Colleen
- 7:15-8am Pilates
Studio A | Judi
- 8:15-9am RPM
Cycle Studio | Heather P
- 9:15-10:15am BODYPUMP 60
Studio A | Kate
- 9:15-10am High Voltage
Tennis Courts | Sydney
- 12:15-12:45pm Strength 30
Studio A | Lynn
- 4:30-5:15pm SHRED
Studio A | Jayke
- 5:15-6pm High Voltage
Tennis Courts | Heather P
- 5:30-6:15pm BODYPUMP 45
Studio A | Becky
- 6:15-7pm Cardio Dance Fusion
Studio A | Kristi

FRIDAY

- 5:30-6:15am BODYPUMP 45
Studio A | Colleen
- 5:45-6:45am Boot Camp
Tennis Courts | Erika H
- 7-8am Body Basics
Tennis Courts | Margo
- 8-9am Cardio Strength
Studio A | Cindy
- 8:15-9am Spinterval
Cycle Studio | Lynn
- 9-10am Aqua Interval
Family Pool | Melanie
- 9:15-10am High Voltage
Tennis Courts | Sydney
- 9:15-10am Pilates Mat
Studio A | Lynn
- 9:15-10am TRX Boot Camp
Training Studio | Jake
- 12:15-12:45pm GRIT
Studio A | Melanie

SATURDAY

- 7:30-8:15am Cycle 45
Cycle Studio | Staff
- 7:30-8:30am Aqua Interval
Family Pool | Staff
- 8:30-9:30am BODYPUMP 60
Studio A | Staff
- 9-9:45am High Voltage
Tennis Courts | Carli

SUNDAY

- 7:30-8:15am Cycle 45
Cycle Studio | Staff
- 8:30-9am GRIT
Studio A | 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

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.

CARDIO KICK

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.

HIGH VOLTAGE

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

SHRED

Combines high intensity 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*

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.

BODY BASICS

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

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.

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.

AQUATIC

AQUA FIT

A low-impact, complete workout.

AQUA INTERVAL

Alternating aerobic intensity intervals. Strength work included.