

Mequon Group Exercise Schedule



email juliaavrunina@eliteclubs.com

to get  emailed to you with schedule changes, new schedules, and traffic light changes!

Group Exercise Schedule Effective 2/05/10

Mequon Elite

day	class	local	time	inst.
-----	-------	-------	------	-------

MONDAY

5:30 a.m.	Spin	A	45	L
8:00 a.m.	Step	A	60	B
9:15 a.m.	Sculpt	A	60	A
10:30 a.m.	Spin	A	45	A
6:00 p.m.	Zumba	A	60	BW
7:05 p.m.	Beg. Pilates Mat	MB	45	JB

TUESDAY

5:30 a.m.	Power Max	A	60	L
8:15 a.m.	Pilates Mat	MB	45	LB
9:00 a.m.	Spin Flex	A	60	V
9:15 a.m.	Power Yoga	MB	60	SP
6:00 p.m.	Spin	A	45	A
7:00 p.m.	Vinyasa Yoga	MB	60	TF

WEDNESDAY

5:30 a.m.	Spin	A	45	V
8:00 a.m.	Step / Abs	A	60	B
10:15 a.m.	Beginning Yoga	MB	60	LG
6:00 p.m.	20/20/20	A	60	Lu

THURSDAY

5:30 a.m.	Power Max	A	60	L
9:15 a.m.	Spin Flex	A	60	V
10:15 a.m.	Sculpt	A	60	JM
6:00 p.m.	Spin	A	45	Ji
7:00 p.m.	Vinyasa Yoga	MB	60	SP

day	class	local	time	inst.
-----	-------	-------	------	-------

FRIDAY

5:30 a.m.	Spin	A	45	SK
8:00 a.m.	Step / Sculpt	A	60	B
9:15 a.m.	Spin	A	45	G
10:15 a.m.	Beg. Pilates Mat	MB	45	G

SATURDAY

7:45 a.m.	Spin	A	60	JL
8:50 a.m.	Ab-Solution	A	20	JL
9:15 a.m.	Yoga Flow	MB	60	TD

SUNDAY

9:00 a.m.	Spin	A	60	JM
10:00 a.m.	Ab-Solution	A	20	JM

TRAFFIC LIGHT PROGRAM

The Elite Clubs offer a variety of classes each week.

We have an attendance goal for each of these classes.

We have implemented the following system to communicate with you, our members, about class status.

Green Light ~ Classes achieving > 75% of target

Yellow Light ~ Classes achieving 30-75% of target

Red Light ~ Classes achieving < 30% of target

You will see a colored dot next to the class name on the studio posters if the class goal is not being met.

Yellow ~ Bring your friends!

The class needs more attendance to stay on our schedule.

Next check in 4 weeks.

Red ~ Class is in danger of leaving the schedule!

Next check in 2 weeks!

See our posted signs

INSTRUCTOR KEY

A Annie Farley
B Bernie Feyrer
BW Brooke White
G Ginger Lazovik
GM Gerri Mc Bride
J Jenna Asher

JB Jennifer Brodzeller
Ji Jill Sommers
JL Jason Liegl
JM Jennifer Miller
LB Lorraine Bradshaw
L Lynn Von Rueden

LG Lorriane Gorbanpoor
Lu Luke
R Rachel
SK Scott Knaffla
SP Susan Parks
ST Staff

TD Todd Dybul
TF Tom Feest
V Vicki Oberdorf

Find updated schedules at eliteclubs.com