

Bluemound Group Exercise Schedule



All Classes FREE for Members!

Time Class Location Instructor Duration

MONDAY

5:45 a.m.	SPIN	S	CB	45
	Yoga Flow	A	KT	60
8:15 a.m.	Bosu Blast	A	CW	45
8:20 a.m.	Spin Express	S	DK	30
9:00 a.m.	Body Pump	B	DK	60
	Calorie Kick	A	SE	60
10:00 a.m.	Yoga Flow	A	KA	60
10:15 a.m.	Spin Fusion	S	PH	60
11:15 a.m.	New Energy	A	MB	60
12 noon	SPIN	S	MP	45
	Lunch Time Lift	FC	V	30
	Pilates Mat	A	SG	45
5:00 p.m.	Jr. Strength	B	BP	45
5:30 p.m.	SPIN	S	TN	45
	FUSE	A	JJ	60
6:30 p.m.	Pilates Mat	A	MY	45
	BodyPump	B	DN	60

TUESDAY

5:45 a.m.	Body Pump	A	DY	60
	Treadin'	FC	CB	45
8:15 a.m.	Treadin'	FC	CB	45
8:30 a.m.	Body Step	A	DN	60
9:00 a.m.	SPIN	S	MP	45
9:05 a.m.	Trouble Zone Tone	B	SE	50
10:00 a.m.	Pilates Mat	B	YT	60
12 Noon	Body Pump	B	SC	60
	Pilates Mat	A	MY	45
	Lunch Time Lift	FC	V	30
5:30 p.m.	SPIN	S	SJ	45
	ZUMBA	A	JC	60
6:30 p.m.	Body Pump	B	DN	60
	Yoga Flow	A	RS	60

WEDNESDAY

5:45 a.m.	SPIN	S	CB	45
8:15 a.m.	Sculpt	A	CW	45
8:20 a.m.	Spin Express	S	SC	30
9:00 a.m.	Body Pump	B	SC	60
	Spin Fusion	S	PH	60
	Cardio Combo	A	DK	55
10:00 a.m.	Yoga Flow	A	SD	60
11:15 a.m.	Yoga Flow	A	SD	45
11:15 a.m.	New Energy	B	MB	60
12 noon	SPIN	S	DY	45
	Lunch Time Lift	FC	V	30
6:00 p.m.	SPIN	S	SJ	60
6:30 p.m.	Pilates Mat	A	YT	45

Time Class Location Instructor Duration

THURSDAY

5:45 a.m.	Body Pump	B	JS	60
6:00 a.m.	Yoga Flow	A	AG	60
8:15 a.m.	Treadin'	FC	SE	45
8:30 a.m.	Body Step	A	DN	60
9:00 a.m.	SPIN	S	MP	45
9:30 a.m.	Body Pump	B	DN	60
10:00 a.m.	Pilates Mat	A	YT	60
Noon	Body Pump	B	DY	60
	Lunch Time Lift	FC	V	30
5:30 p.m.	ZUMBA	A	LM	60
	Body Pump	B	LF	60
6:15 p.m.	SPIN	S	SJ	60

FRIDAY

5:45 a.m.	SPIN	S	LM	45
8:15 a.m.	SPIN	S	MZ	55
8:30 a.m.	Body Step	B	DK	60
9:15 a.m.	Yoga	A	MZ	45
9:30 a.m.	Body Pump	B	DK	60
10:00 a.m.	Pilates Mat	A	YT	60
11:15 a.m.	New Energy	B	MB	60
12 noon	SPIN	S	MP	45
	Lunch Time Lift	FC	V	30

SATURDAY

7:30 a.m.	SPIN	S	CB	45
	*Power Spin - 2 hours 1st Sat. of each month			
8:00 a.m.	Power Hour	A	JJ/KB/DK	60
8:30 a.m.	Body Pump	B	DY	60
9:15 a.m.	Yoga Flow Plus	A	RS	60
9:45 a.m.	Pilates Mat	B	SG	45

SUNDAY

8:30 a.m.	SPIN	S	LM	45
	Body Step	A	KB	60
9:30 a.m.	Pilates Mat	A	MY	45

Instructor Code:

AG Amy Gardner	KB Kathleen Burbach	SG Selina Giacinto
BP Bert Parker	KT Katie Beaumier	SC Steve Cigich
CB Christy Beckmann	LF Lori Ford	SD Sarah Delgadillo
CW Colleen Wallace	LM Libby Mueller	SE Seth Eckl
DK Deb Klimko	MB Mike Bolan	SJ Scott Jeanis
DN Deb Novak	MP Mike Podoll	YT Yvette Trzcinski
DY Dory Karinen	MY Mary Peret	V Various
JC Jessica Costas	MZ Melissa Zebrasky	
JJ Jill Jelinski	PD Paul Dehler	
JS Jodi Sharp	PH Pam Holseth	
KA Kristi Antonneau	RS Rose Shanks	

LOCATIONS KEY

- A = Studio A
- B = Studio B
- FC = Fitness Center, 2nd floor
- S = Spin Studio 2nd floor

Schedule effective 3/8/10