

MONDAY

5:30-6:15am High Voltage Power Studio Liz
5:30-6:15am BODYPUMP 45 Studio A Jessica D
6-6:45am Pilates Mat Strength Studio Christine
7-8am Body Basics Tennis Courts Margo
8-9am Cardio Strength Studio A Cindy
8:15-9am Cycle 45 Cycle Studio Heather P
9-10am Aqua Interval Family Pool Staff
9:15-10am High Voltage Power Studio Cathy
9:15-10am Pilates Mat Studio A Christine
10:15-11am TRX Boot Camp Performance Zone Hannah
12:15-12:45pm Strength 30 Studio A Lynn
4:30-5pm GRIT Strength Studio A Cathy
5:15-6pm Cardio Dance Studio A Kristi
5:15-6pm High Voltage Power Studio Cathy
5:45-6:30pm Cycle 45 Cycle Studio Michelle
6:15-7pm Pilates Mat Studio A Lynn

TUESDAY

5:15-6am Strength and Core Studio A Jordyn
5:30-6:15am High Voltage Power Studio Jan
5:45-6:30am Cycle 45 Cycle Studio Tim
6:15-7am Step and Strength Studio A Colleen
7:15-8am Pilates Mat Studio A Judi
8:15-9am BODYCOMBAT Studio A Jessica D
8:15-9am Cycle 45 Cycle Studio Liz
9:15-10am High Voltage Power Studio Hannah
9:15-10am BODYPUMP 45 Studio A Heather P
10-10:45am Intro to TRX Performance Zone Lynn
12:15-12:45pm Strength 30 Studio A Lynn
1-1:45pm Pilates Amped Studio A Cathy
4:30-5:15pm BODYCOMBAT 45 Studio A Heather P
5:15-6pm High Voltage Power Studio Liz
5:15-6pm TRX Performance Zone Cathy
5:30-6:15pm BODYPUMP 45 Studio A Colleen
6:30-7:15pm Tai Chi Studio A Fred

WEDNESDAY

5:15-6am Aqua Interval Family Pool Faedra
5:30-6:15am BODYPUMP 45 Studio A Jessica D
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 Heather P
9-10am Aqua Interval Family Pool Joanne
9:15-10am Barre Studio A Teri
9:15-10am High Voltage Power Studio Liz
10:15-11am Pilates + TRX Performance Zone Christine
12:15-12:45pm BODYCOMBAT 30 Studio A Jessica D/Teri
4:30-5pm GRIT Strength Studio A Heather P
5:30-6:15pm Barre Studio A Kristi
5:45-6:30pm Cycle 45 Cycle Studio Heather P
6-6:45pm TRX Performance Zone Max
6:30-7pm Stretch and Flex Studio A Kristi

THURSDAY

5:30-6:15am High Voltage Power Studio Liz
5:30-6:15am TRX Strength and Core Performance Zone Kristin
5:30-6am GRIT Studio A Colleen
6:15-7am Step and Strength Studio A Colleen
7:15-8am Pilates Mat Studio A Judi
8:15-9am BODYCOMBAT Studio A Teri
8:15-9am Cycle 45 Cycle Studio Heather P
9:15-10am BODYPUMP 45 Studio A Teri
9:15-10am High Voltage Power Studio Colleen
10:15-11am Cardio Kickboxing Studio B Jessica V
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 Power Studio Liz
5:30-6:15pm BODYPUMP 45 Studio A Heather P
6:30-7:15pm Barre Studio A Amy M

FRIDAY

5:30-6:15am BODYPUMP 45 Studio A Colleen
5:45-6:30am Cycle 45 Cycle Studio Jan
5:45-6:45am Boot Camp Tennis Courts Erika H
7-7:45am Tai Chi Studio A Fred
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 Staff
9:15-10am High Voltage Power Studio Colleen
9:15-10am Pilates Mat Studio A Lynn
10:15-11am TRX Boot Camp Performance Zone Liz
12:15-12:45pm HIIT Studio A Liz

SATURDAY

7:30-8:15am Cycle 45 Cycle Studio Staff
7:30-8:30am Aqua Interval Family Pool Staff
8:30-9:15am BODYPUMP 45 Studio A Staff
8-8:45am High Voltage Power Studio Lily
9-9:45am High Voltage Power Studio Lily
9:30-10:15am Pop-Up Studio A Staff

SUNDAY

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

YOUTH FITNESS

Mon, 9:30-10:15am
FIT Tykes
2-4 year olds

Mon, 4:15-5pm
Fitness Fundamentals
9-12 year olds

Tues, 4:30-5:15pm
Fitness Competition
5-8 year olds

AQUATIC

AQUA INTERVAL

Alternating aerobic intensity intervals. Strength work included.

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.

STEP AND STRENGTH

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.

PILATES + TRX

A combination of mixed-level mat Pilates and use of the TRX suspension system to develop strength, balance, and flexibility.

STRENGTH

High-intensity complete strength workout using a variety of fitness equipment.

Advanced registration required and limited space available for all classes.

Two-hour cancellation notice required. No-calls, no-shows, or those 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.

Classes are subject to change. Please see the mobile app, sc.clubautomation.com, or reception desk for the most up-to-date schedule.

FLEX

Incorporate flexibility, body control, and strength for a full-body workout.

BODY BASICS

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

BARRE

Define your body with this total-body workout. Incorporate principles of functional strength training, dance, and Pilates to lengthen and strengthen your arms, legs, and core.

PILATES AMPED

A 45-minute Pilates workout that combines various equipment to build muscle endurance, low-impact cardio bursts, and a slow-flow stretch and cooldown.

PILATES MAT

All levels. A mixed-level mat Pilates class that focuses on exercises to strengthen muscles and add flexibility. Variations offered to students.

STRETCH AND FLEX

Improve flexibility and range of motion, assist in recovery, and relieve tension and stress by using a variety of stretching, breathing and relaxation techniques. This 30-minute mind body class is dedicated to the often overlooked, rushed or missing, yet important components of fitness and wellness.

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.

TOTAL BODY

BODYCOMBAT

A Les Mills high-energy martial arts-inspired workout that is totally noncontact. Release stress, have a blast, and feel like a champ. No experience needed.

BOOT CAMP

Expect anything! May include cardio drills, kickboxing moves, high intensity/low intensity intervals, and training circuits.

CARDIO KICKBOXING

A combination of hitting the bag and fast-paced cardio moves that will improve your strength, coordination, and peak your heart rate. No prior boxing experience needed.

CARDIO STRENGTH

Begin with 30 minutes of low-impact cardio and finish with 30 minutes of strength to improve cardiovascular health and muscular strength.

GRIT STRENGTH

30-minute high-intensity training (HIIT) workout that improves cardiovascular fitness, increases speed, and maximizes calorie burn to get results fast.

HIGH VOLTAGE

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

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.

TRX BOOT CAMP

A combination of TRX suspension training and short cardio bursts to build strength, cardiovascular endurance, flexibility, and core stability.