















































**Group Exercise Schedule 2017 – Don't forget to download our app
Madison Healthplex in the app store 😊**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 P90X	5:05-Kelly <i>Shred</i>	5:15 P90X	5:05- Robbi <i>Shred</i>	5:15 		
6:00-Morgan 	6:00 Les Mills BodyFlow	6:00-Kim 	6:00 Les Mills BodyFlow	6:00 		
7:05 Cardio	7:00 Cardio/Strength	7:05 Strength	7:00 Cardio/Strength	7:10 Cardio/Strength	7:30 <i>Shred</i>	
8:00-Donna <i>Yoga</i>	8:15-Shellie 	8:00-Donna <i>Yoga</i>	8:15-Jen Step Express	8:00-Donna <i>Yoga</i>	8:15 	
8:45-Kelly 	9:00-Cammie <i>Shred</i>	8:45- Kelly 	9:00-Brooke Bottoms Up	8:45-Stefanie 	9:15 	
9:35-Cammie 	9:45-Judy Beginner Pilates Stretch	9:35-Stephanie 	9:45-Allison Pilates	9:35-Cammie 	10:15 CARDIO ROTATION	
10:45 Sr. Cardio Fit	10:45-Joanne 	10:45-Allison <i>Yoga</i>	10:45 Sr. Cardio Fit	10:45 Sr. Cardio Fit	11:15 Bodyflow	
11:35-Jodie <i>Shred Low</i>	11:45-Gretchen <i>Yoga</i>	11:35-Jodie <i>Shred Low</i>	11:45-Gretchen <i>Yoga</i>	11:30 Cardio/Strength	12:30 Cardio	
12:30 Cardio/Strength	12:45 CX WORX	12:30 	12:45 CX WORX	12:30 	1:30 	1:30 Step Express Michelle
1:30 CX WORX	1:15 Cardio Bootcamp	1:30 CX WORX	1:15 Cardio Bootcamp	1:30 CX WORX	2:30 Bodyflow	2:30 
2:00 Cardio	2:00 <i>Pilates</i>	2:00 Cardio	2:00 <i>Pilates</i>	2:00 Cardio/Strength	3:30 	3:30 Bodyflow
3:00 Bodyflow Express	3:00 CXWorx	3:00 Bodyflow Express	3:00 CXWorx	3:00 Bodyflow Ex.	4:30 <i>Yoga</i>	4:30 
3:35 	3:35 Cardio Step	4:00- Shellie 	3:35 Shabam	3:35 		
4:45-Brooke Bottoms UP	4:35-Tige 	4:45-Shellie <i>Shred</i>	4:35-Stefanie 	4:45 Core		
5:35-Brooke <i>Shred</i>	5:30-Lindsay 	5:35-Tasha 	5:30-Kim 	5:30 Shabam		
6:30-Kim 	6:15-Stefanie 	6:30-Anna <i>Yoga</i>	6:30- Molly <i>BODYJAM</i>	6:30 Bodyflow		
7:35 Bodyflow	7:10 <i>Yoga</i>	7:30 	7:35 CX WORX			
8:35 CX WORX	8:05 	8:30 	8:05 Advanced Cardio			
Live Classes	Virtual Classes	No Classes Gym Closed				

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Spinning Schedule**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05  Rogerick	5:05  Robbi	5:05  Rogerick	5:05  Casey/Joey	5:05  David	
					8:15  Rotation
8:45  Angie		8:45  Cammie		8:45  Angie	
4:45  Shellie					
5:45  David	5:30  Lacey	5:45  Lindsay			

Aqua Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:30AM Deep Water Running Amy	8:15AM Deep Water Running Jodie		8:15AM Deep Water Running Jodie		
	9:30AM Aqua Fit Amy	9:15AM Deep Water Running Jodie	9:30AM Aqua Fit Julia	9:15AM Deep Water Running Jodie	9:30AM Aqua Zumba Joanne	9:30AM Aqua Fit Rotation
	10:30AM Aqua Sculpt Julia	10:00AM Aqua Fit Julia	10:30AM Aqua Fit Julia			
			4:45PM Aqua Fit Nanci			
	6:00PM Aqua Fit Amy	5:45 Aqua Fit Teresa		5:45 Aqua Fit Teresa		