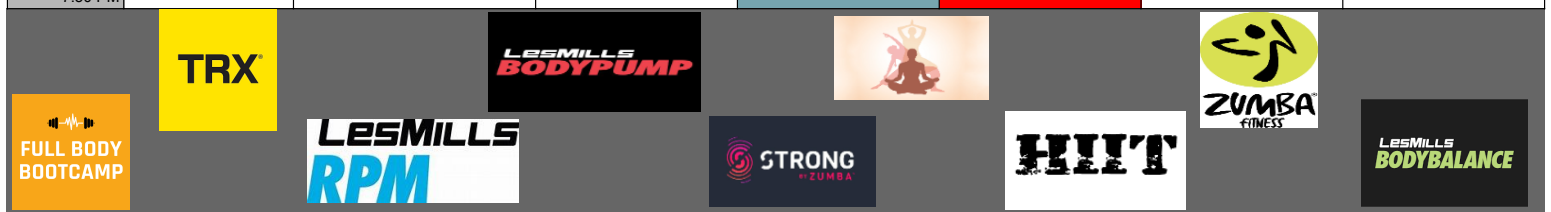


Greenheck Turner Community Center
 6400 Alderson St. Weston, WI 54476
 715-359-6563
 gtccfitness@gmail.com



Group Exercise Fall Schedule September 3 - December 2, 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
5:15 AM		TRX (Studio B)	LM Bodypump	Circuit Strength	Grit-V	Full Body Bootcamp	
5:30 AM		5:15-5:55am	5:15-6:05am	5:15-5:6:00am	5:15-5:45am	5:15-5:55am	
6:00 AM		S.Pisca	S.Pisca	C. Wisz		J. Bartholf	
6:30 AM							
7:00 AM							Rotation - Check Mindbody 7:00am-10:00am
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM			Upper Body Annihilation		No Limits Lower Body		
9:30 AM			9:00-9:40am		9:00-9:40am		
10:00 AM			C. Laffin	Yoga For Every Body	C. Laffin		
10:30 AM				10:00-11:00am			
11:00 AM				R. Wooldridge			
Afternoon / Evening Classes							
3:30 PM	LM RPM-V						
4:00 PM	3:30-4:20pm						
4:30 PM	Restorative Yoga	Yin and Yang Yoga	LM RPM-V		LM RPM-V	HIIT	
5:00 PM	4:30pm-5:30pm	4:30-5:15pm	4:30-5:20pm		4:40-5:30pm	4:30-5:20pm	
5:15 PM	R. Wooldridge	D. Bergmann				J. Bartholf	
5:30 PM		LM Bodypump (V)	STRONG Nation	LM Bodypump			
5:45 PM		5:30-6:30pm	5:30-6:15pm	5:30-6:30pm	Zumba		
6:00 PM			D. Jenkin	S. Pisca	5:45-6:30pm		
6:15 PM					D. Jenkin		
6:30 PM		HIIT	Circle Mobility	LM BodyBalance	LM Bodypump		
6:45 PM		6:30-7:00pm	6:30-7:00pm	6:35-7:35pm	6:30-7:30pm		
7:00 PM		J. Bartholf	D. Jenkin	S. Pisca	S. Kappel		
7:30 PM							



Class Prices

1 Week Unlimited \$0 - New members ONLY
 Walk-In - \$9
 10 Class Punch - \$70
 20 Class Punch - \$130

Unlimited 1 month - \$45
 Unlimited 3 months - \$120
 Unlimited 6 months - \$210
 Unlimited 12 months - \$384

Classes are available for purchase on Mindbody app/website or Greenheck front desk