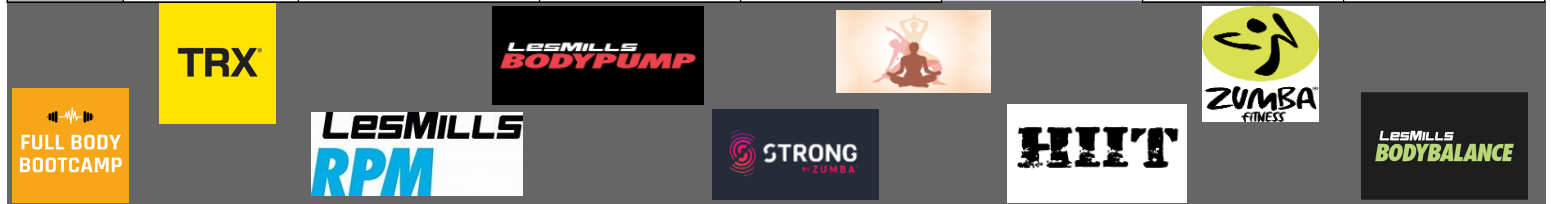


Greenheck Turner Community Center  
 6400 Alderson St. Weston, WI 54476  
 715-359-6563  
 gtccfitness@gmail.com

# GTCC Fitness Group Exercise Schedule December 1 - February 28, 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early Morning Classes:</b>							
5:15 AM		TRX (Studio B)	LM Bodypump	Cycle Strength	Yoga Body Bootcamp	LM Pilates	
5:30 AM		5:15-6:00am	5:15-6:05am	5:15-6:00am	5:15-6:00am	5:15am-6:00am	
6:00 AM		S.Pisca	S.Pisca	C. Wisz	R. Bucholz	S. Kappel	
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							
9:30 AM							
<b>Afternoon / Evening Classes:</b>							
3:30 PM	LM RPM-V*						
4:00 PM	3:30-4:20pm						
4:30 PM	Flow and Restore Yoga	LM Pilates	Power Yoga Sculpt	TRX (Studio B)		LM RPM-V*	Bodycombat- V*
5:00 PM	4:30-5:30pm	4:30-5:15pm	4:30-5:15pm	4:30-5:15pm		4:40-5:30pm	4:45-5:30pm
5:15 PM	C. Seeley	C. Seeley	C. Seeley	C. Zoromski			
5:30 PM		LM Bodypump	STRONG Nation	LM Bodypump			
5:45 PM		5:30-6:30pm	5:30-6:15pm	5:30-6:30pm		Zumba	
6:00 PM		S. Kappel	D. Jenkin	S. Pisca		5:45-6:45	
6:15 PM						D. Jenkin	
6:30 PM		HIIT	LM Pilates	LM BodyBalance			
6:45 PM		6:30-7:00pm	6:30-7:15pm	6:35-7:20pm		Boxing and Self Defense	
7:00 PM		J. Bartholf	S Kappel	S. Pisca		6:45-7:15pm	
7:30 PM						C. Zoromski	



**Class Prices**

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

Unlimited 1 month - \$50  
 Unlimited 6 months - \$240  
 Unlimited 12 months - \$400  
 (\*All Unlimited Memberships include access to the Fitness Center and walking lanes)

V\*=In-studio Virtual Class

Classes are available for purchase on [MindBodyonline.com](http://MindBodyonline.com) or GTCC front desk