



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

GTCC Fitness Group Exercise Schedule March 1 - May 31, 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning Classes:							
5:15 AM		TRX (Studio B)	LM Bodypump	Cycle Strength	LM Pilates	Strong Nation	
5:30 AM		5:15-6:00am	5:15-6:05am	5:15am-6:00am	5:15-6:00am	5:15am-6:00am	
6:00 AM		S. Pisca	S. Pisca	C. Wisz	S. Kappel	D. Jenkin	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM							
9:30 AM							
Afternoon / Evening Classes:							
3:30 PM	LM RPM-V*						
4:00 PM	3:30-4:20pm						
4:30 PM	Flow and Restore Yoga	Yoga Flow	LM RPM-V*				
5:00 PM	4:30-5:30pm	4:30-5:15pm	4:30-5:20pm		LM RPM-V*		
5:15 PM	C. Seeley	C. Seeley			4:40-5:30pm		
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. Zorowski		
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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](https://www.mindbodyonline.com) or GTCC front desk