



GREAT LAKES
ATHLETIC CLUB

CLASS SCHEDULE

DAY	CLASS	INSTRUCTOR	LOCATION
M	Circuit, 7:30AM	Regan	Gym Floor
	Circuit, 8:30AM	Regan	Gym Floor
	Stretch & Roll, 9:15AM	Bethani	Mind/Body
	Barre, 9:30AM	Mykala	Studio A
	Simply Strength (Lower), 10:15AM	Mykala	Studio A
	Circuit, 10AM	Jen	Gym Floor
	Strength & Cardio, 4:30PM	Jen	Gym Floor
	Total Body Strength, 5:30PM	Ann	Studio A
T	Yoga, 6:30PM	Jawanna	Mind/Body
	Circuit, 5:45AM	Jen	Gym Floor
	Total Body Strength, 8:30AM	Grace	Studio A
	Zumba, 9:30AM	Grace	Studio A
	Aqua Mix, 9:30AM	Michelle	Pool
	Yoga, 9:30AM	Steve	Mind/Body
	Cadence, 9:15AM	Maria	Cardio Room
	Strength & Cardio, 9:30AM	Regan	Gym Floor
W	Yoga Mix, 5:30PM	Sarah	Mind/Body
	Circuit, 5:30PM	Josh	Gym Floor
	Circuit, 7:30AM	Regan	Gym Floor
	Circuit, 8:30AM	Regan	Gym Floor
	TRX Fusion, 9:15AM	Jen	Studio B
	Endure, 9:15AM	Maria	Cardio Room*Mind/Body
	Zumba, 9:30AM	Judith	Studio A
	Circuit, 10AM	Bethani	Gym Floor
TH	Strength & Cardio, 4:30PM	Jen	Gym Floor
	Barre, 5:30PM	Mykala	Studio A
	Yoga, 5:30PM	Steve	Mind/Body
	Circuit, 5:45AM	Jen	Gym Floor
	Aqua Mix, 8:30AM	Verna	Pool
	SOULfusion™, 9:30AM	Mykala	Studio A
F	Simply Strength (Upper), 10:15AM	Mykala	Studio A
	Strength & Cardio, 9:30AM	Jen	Gym Floor
	Circuit, 5:30PM	Josh	Gym Floor
	Cadence Distance (OUTSIDE), 6AM	Maria	Meet at PT Desk
	Circuit, 7:30AM	Regan	Gym Floor
	Circuit, 8:30AM	Regan	Gym Floor
	Kettlebells, 9:15AM	Stephanie	Gym Floor
SAT	Zumba, 9:30AM	Grace	Studio A
	Movement & Mobility, 9:30AM	Maria	Mind/Body
	Circuit, 10AM	Bethani	Gym Floor
	Yin Yoga, 8AM	Wendy	Mind/Body
	Yoga, 9:30AM	Wendy	Mind/Body
	Strength & Cardio 9:30AM	Rotating	Gym Floor