

GROUP FITNESS CLASSES

Spring 2018 Schedule- Plex

MONDAY: 9am Zumba
11am Total Body Tone
12pm Noontime Pump
4pm 360 Bootcamp

TUESDAY: 4pm Full Body Burn
12pm Noontime Pump

WEDNESDAY: 9am Zumba
11am Total Body Tone

THURSDAY: 5pm Booty Boot Camp

FRIDAY: Will vary weekend to weekend

CONTACT THE GROUP FITNESS OFFICE
EMAIL: marqGFO@gmail.com OR CALL 414.288.6979 WITH QUESTIONS