CENTER/PLEX GROUP FITNESS CLASSES
Summer 2019 Schedule

**MONDAY**
- REC PLEX
  - 12pm Burn n’ Firm
- REC CENTER
  - 4:30pm Circuit Stations
  - 5:30pm Spin
  - 6pm Zumba

**TUESDAY**
- REC PLEX
  - 12pm Burn n’ Firm
- REC CENTER
  - 4:30pm Bootcamp
  - 5:30pm Spin

**WEDNESDAY**
- REC PLEX
  - 12pm Burn n’ Firm
- REC CENTER
  - 4:30pm Circuit Stations
  - 5:30pm Spin
  - 6pm Zumba

**THURSDAY**
- REC PLEX
  - 12pm Burn n’ Firm
- REC CENTER
  - 4:30 Bootcamp
  - 5:30 Spin

**FRIDAY**
- REC PLEX
  - 12pm Noontime Pump
- REC CENTER
  - 12pm Spin

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