



Group Exercise Spring Schedule

March 2019 - June 8th 2019



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		HIIT 5:15-6am	Bodypump Express 5:15-6am	RPM 5:15-6am	Bodypump Express 5:15-6am	Core de Force 5:15-6am	
6:00 AM			TRX** 6-6:45am		RPM 6-6:50am		
7:00 AM							TRX** 7-7:45am
8:00 AM							Bodypump 8-9am
8:45 AM			CXWorx 8:45-9:15am			RPM 8:45-9:35am	
9:00 AM		Bodypump 9-10am		Yoga for All 9-10am	Yoga Body Bootcamp 9-10am		
9:15 AM			RPM 9:20-10:10am				Morning Yoga 9:15-10:20am
9:35 AM						Bodypump Express 9:35-10:20am	
10:30 AM							Meditation 10:30-11am
4:00 PM	Rotation - Check Mindbody 4:00 pm						
4:15 PM		Yoga Basics 4:15-5:20pm					
4:30 PM			Bodypump 4:30-5:30pm	Zumba 4:30-5:15pm			
4:45 PM		CXWorx** 4:45-5:15pm			Yogalates 4:40-5:25pm		
5:30 PM		RPM 5:30-6:20pm	Zumba 5:30-6:15pm	Bodypump 5:30-6:30pm	Zumba 5:30-6:15pm	Zumba 5:30-6:15pm	
			PIYo** 5:30-6:15pm				
6:30 PM		Bodypump 6:30-7:30pm	Pound Express 6:30-7:00pm	TRX** 6:30-7:15pm	Bodypump/CXWorx Combo 6:30-7:30pm		



** Fitness Studio B (across from fitness studio)

Little Adventures Drop in Childcare

Children 6 weeks - 7 years
1 Time Drop in -\$5
20- 1/2hour punches -\$20
50- 1/2hour punches -\$40
Unlimited - as many kids in family under 7
1 Month -\$25, 3 Months -\$60, 6 Months -\$110
12 Months -\$200
Childcare Hours available on Mindbody



Class Prices

1 Week Unlimited \$0 -New members only
Walk In -\$7
10 Class Punch -\$50
20 Class Punch -\$90
Unlimited 1 month -\$45
Unlimited 3 months -\$120
Unlimited 6 months -\$210
Unlimited 12 months -\$384



Classes and childcare are available for purchase on Mindbody app/website or Greenheck front desk

FREE Les Mills Launch Classes-New Choreography and Music Released!

Weather or instructor illness leading to a canceled class will be posted on Facebook group "Greenheck Fieldhouse Group Exercise" and Mindbody

Bodypump - tentatively set for March 16

CXWorx - tentatively set for April 6

RPM - tentatively set for April 6

Drop in Childcare is HIRING!!
Please contact Jacque Jakubek
Everest Adventure Care School Age/Camp Coordinator
DC Everest School District
715-359-6563 ext 4

