



GROUP FITNESS CLASS SCHEDULE

2025

www.elganchoco.com

Classes Available on ZOOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45 HEAT with Pam		STRENGTH TRAINING with David	SHRED with Pam	BOOT CAMP with David		
9:30 CYCLING with Lindsey			CYCLING with Lindsey	CYCLING with Lisa	CYCLING with Natalie	
10:00 ZUMBA with Danny		CARDIO INTERVALS with Pam	STRENGTH TRAINING with Pam	FUSION with Pam	ZUMBA with Danny	YOGA with Debbie
11:00 AQUA POWER with Lindsey	CLUB OPENS @ 11 ON TUESDAYS	AQUA POWER with Katherine		AQUA POWER with Lindsey	AQUA POWER with Wendy	
11:15	STRENGTH TRAINING with Pam				PILATES (CLASSICAL MAT) with Amy	PILATES (MAT BASED) with Debbie
1:00 FUSION with Debbie	YOGA with Karina	FUSION with Debbie	YOGA with Nicolle	YOGA with Lynne		
5:30 YOGA with Karina CYCLING with Dora	ZUMBA with Savanna	YOGA with Katherine CYCLING with Dora	STRENGTH TRAINING with Wendy	FREE 30 Min. Fitness Studio Orientations Thursday, July 3 rd - 12:00 - 12:30 pm with Aaron contact Aaron to reserve a spot: 505-629-8268 Wednesday, July 9 th - 4:00 - 4:30 pm with Katherine contact Katherine to reserve a spot: 920-471-9580		

45 Minutes - Max 4 People - \$30 (plus tax)

Drop-In or Sign Up 7 days in Advance

PILATES REFORMER CLASSES

9:30 am
with Debbie

5:30 pm
with Debbie

4:30 pm
with Natalie

10:00 am
with Debbie

4:30 pm
with Katherine

5:30 pm
Classical
Reformer
with Amy

10:00 am
with Debbie

10:00 am
Classical
Reformer
with Amy

