

# XF GREENFIELD GROUP EXERCISE SCHEDULE (EFFECTIVE MARCH 1)

## MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:15AM		INSANITY (Stacy B)		PIYO** (Stacy O/Nicole)	BODY PUMP (5:30) (Teri)	7:15AM	YOGA** (Melanie)	
8:15AM	ZUMBA TONING (Mary Jo)		ZUMBA (Michelle)	FITNESS** (8:45) (Merissa)	P90X (Ann)	8:15AM	BODY PUMP (Sarah/Jenni)	BODY PUMP (Sarah)
9:30AM	P90X (Merissa)	ZUMBA (9:15) (Brittni)	BODY PUMP (Jen C)	YOGA ** (9:45) (Merissa)	ZUMBA TONING (Romi)	9:30AM	BODY COMBAT (Sarah/Jenni)	BODY COMBAT (Sarah)
10:45AM	YOGA** (Merissa)	BODY PUMP (10:30) (Annie W)	ZUMBA** (Mary Jo)	SILVER SNEAKERS CLASSIC** (Pat)	POUND (Michelle)	10:45AM	ZUMBA (Grizel)	
11:45 AM	SILVER SNEAKERS CLASSIC** (Pat)		SILVER SNEAKERS YOGA** (Mary Jo)					
4:30PM	YOGA** (Merissa)		YOGA** (Merissa)				* 30 MIN	** 45 MIN
5:30PM	ZUMBA** (Michelle)	TOTAL BODY FITNESS (Ann)	BODY ATTACK (Deb)	ZUMBA (Jackie)	TOTAL BODY FITNESS (5:15) (Jenny)		BRING WATER , MAT AND TOWEL	
6:45PM	BODY PUMP (6:30) (Jen B)	P90X** (Ann)	BODY PUMP (Deb)	BODY COMBAT (Jenni)			CLASS SCHEDULE SUBJECT TO CHANGE	
7:45PM	KETTLEBELL** (Joni)	ZUMBA (Grizel)					YELLOW SIGNIFIES CHANGE	

## CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM		ROAD RAGE (Kelly)			ROAD RAGE (Kelly)	8:30AM	ROAD RAGE (Louise)	
9:30 AM	ROAD RAGE (Kelly)			ROAD RAGE (9:15) (Lori)	ROAD RAGE (Ann)			
5:30PM	ROAD RAGE (Jenny)		ROAD RAGE (Louise)	ROAD RAGE (Ann)				CYCLE CLASSES ARE 45 MIN

## AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
AM		AQUA FIT** (9:00) (Jenn)		AQUA ZUMBA** (9:00) (Jenn)	AQUA ZUMBA** (10:45) (Romi)	9:00 AM		AQUA ZUMBA** (Kathleen)
6:00 PM		AQUA FIT (Rosanna)		AQUA FIT (Rosanna)				POOL RESERVED DURING CLASSES