

Effective January 1, 2019

Schedules are posted on myxperiencefitness.com and the Xperience Fitness APP



# Greenfield - GROUP EXERCISE CLASSES - (Jan-Mar)



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	P90X (Stacy B/Nicole)	INSANITY (Stacy B)	**TOTAL BODY FITNESS (Stacy O/Nicole)			7:15 AM	**YOGA (Melanie)	
8:15 AM	ZUMBA TONING (Mary Jo) ★			YOGA (Lori) ★		8:15 AM	Les Mills BODYPUMP (Sarah/Jenni)	
9:30 AM	TOTAL BODY FITNESS (Merissa)	(9:15) ZUMBA (Michelle)	TOTAL BODY FITNESS (Merissa)	Les Mills BODYPUMP (Pam)	ZUMBA TONING (Mary Jo)	9:30 AM	Les Mills BODYCOMBAT (Sarah/Jenni)	(9:00) TOTAL BODY FITNESS (Merissa) ★
10:45 AM	**YOGA (Merissa)	(10:30) Les Mills BODYPUMP (Annie) ★	**ZUMBA (Mary Jo)	**Silver Sneakers CLASSIC (Pat)	**Silver Sneakers YOGA (Mary Jo)	10:45 AM	ZUMBA (Jackie) ★	
11:45 AM	**Silver Sneakers CLASSIC (Pat)	**Silver Sneakers CARDIO (Mary Jo)	**Silver Sneakers YOGA (Mary Jo)			~ COLOR KEY ~		
4:30 PM	**YOGA (Mary Jo)	**POUND (Michelle)	**YOGA (Merissa)	**CORE N MORE (Merissa) ★		"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES		
5:30 PM	ZUMBA (Michelle)	P90X (Ann)	Les Mills BODYATTACK (Debbie)	ZUMBA (Jésus)		"FIT" MEMBERSHIP CLASSES		
6:45 PM	Les Mills BODYPUMP (Teri) ★	ZUMBA (Grizel) ★	Les Mills BODYPUMP (Debbie)	STRONG by Zumba (Janel)		*30 minute class    **45 minute class		

★ Star --> XGX Connector Class (great for new members!)

## CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM		**RIDE (Kelly)			**RIDE (Kelly) ★	8:30 AM	**RIDE (Louise)	
9:30 AM		**RIDE (Merissa)			**RIDE (Ann)			
5:30 PM	**RIDE (Louise)		**RIDE (Louise) ★	**RIDE (Ann)				

## AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:00 AM		**AQUA FIT (Jenn)		**AQUA ZUMBA (Jenn)	(10:45) **AQUA FIT (Ann) ★	9:00 AM		**AQUA ZUMBA (Janel)
6:00 PM		AQUA FIT (Rosanna) ★		AQUA FIT (Rosanna)		POOL RESERVED DURING CLASSES		

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE