

Updated March 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			<div style="border: 2px solid red; padding: 5px;"> <p align="center">~ COLOR KEY ~</p> <p align="center">"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES</p> <p align="center">"FIT" MEMBERSHIP CLASSES</p> <p align="center">*30 minute class **45 minute class</p> <p align="center">★ Star --> XGX Connector Class (great for new members!)</p> </div>		
4:30 PM	**YOGA Mary Jo	**POUND Michelle	**YOGA Merissa	**CORE N MORE Merissa ★				
5:30 PM	ZUMBA Michelle	P90X Ann	Les Mills BODYATTACK Debbie	ZUMBA Jesús				
6:45 PM	Les Mills BODYPUMP Teri ★	ZUMBA Grizel ★	Les Mills BODYPUMP Debbie	STRONG by Zumba Janel				

CYCLE STUDIO

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

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