

Effective April 1, 2019

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



Hales Corners - GROUP EXERCISE CLASSES - (Apr-Jun)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM	(5:15)**TOTAL BODY FITNESS Stacy		Les Mills BODYPUMP Diane	YOGA Renee	Les Mills BODYPUMP Jana	7:00 AM	YOGA Silvia	
AM	(8:45) *KETTLEBELL Kelly B		(8:15) STRENGTH Cilla ★		(8:30) **PIYO Rachel	8:15 AM	Les Mills BODYPUMP Debbie	(8:00) Les Mills BODYATTACK Debbie
9:30 AM	STRONG by Zumba Kelly B ★	(9:15) STEP Pam	ZUMBA Kelly B	**TOTAL BODY FITNESS Stef	Les Mills BODYPUMP Annie	9:30 AM	STRONG by Zumba Brooke ★	(9:15) Les Mills BODYPUMP Debbie
10:45 AM	**YOGA STRONG Stef	(10:30) **ZUMBA TONING Mary Jo	**YOGA Silvia	(10:30) *CORE N MORE Stef ★		10:45 AM	ZUMBA Brooke	
12:00 PM		Silver Sneakers CLASSIC Kaye		Silver Sneakers CLASSIC Kaye		<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 Jessica ★							
5:30 PM	STRONG by Zumba Emily	Les Mills BODYATTACK Dan	ZUMBA Jackie	(6:00) Les Mills BODYPUMP Debbie ★	Les Mills BODYFLOW Thu Van			
6:45 PM	ZUMBA Victor	Les Mills BODYPUMP Thu Van	**PIYO Joni	(7:15) ZUMBA Dena				

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	**RIDE Alyssa	**RIDE Alyssa			**RIDE Alyssa	8:30 AM	**RIDE Lori ★	
9:30 AM	**RIDE Ann		**RIDE Kelly ★			9:45 AM	**RIDE Chris	
PM	(5:30) **RIDE Ann	(5:30) **RIDE Louise ★	(6:00) **RIDE Justine	(5:30) **RIDE Louise				

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
AM		(10:00) **AQUA FIT Ann ★		(9:15) **AQUA ZUMBA Cindy/Dalilah		9:00 AM	AQUA FIT Rosanna ★	
6:30 PM	**AQUA FIT Ann					POOL RESERVED DURING CLASSES		

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE