

Updated March 1, 2019

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



Hales Corners - GROUP EXERCISE CLASSES - (Jan-Mar)



MAIN STUDIO

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

CYCLE STUDIO

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

AQUA STUDIO

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

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE