

Effective June 1, 2019

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



# Greenfield - GROUP EXERCISE CLASSES - (Jun-Sep)



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:15 AM	P90X Nicole ★	**Les Mills BODYATTACK Debbie/Rose	**TOTAL BODY FITNESS Stacy O/Nicole				
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		(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			<b>~ COLOR KEY ~</b> "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class    **45 minute class ★ Star --> XGX Connector Class (great for new members!)	
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 Ann		
5:30 PM	**RIDE Louise		**RIDE Louise ★				

## AQUA STUDIO

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

BRING WATER, MAT AND TOWEL TO CLASSES

Classes are 60 minutes unless otherwise noted

CLASS SCHEDULE SUBJECT TO CHANGE