

Effective August 1, 2019

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



# Hales Corners - GROUP EXERCISE CLASSES - (Jun-Sep)



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM	(5:15)**TOTAL BODY FITNESS <b>Stacy</b>		Les Mills BODYPUMP <b>Diane</b>	YOGA <b>Renee</b>	Les Mills BODYPUMP <b>Jana</b>	7:00 AM	YOGA <b>Silvia</b>	
AM	(8:45) *KETTLEBELL <b>Nikki</b> ★		(8:15) STRENGTH <b>Cilla</b>		(8:30) **BOXX <b>Merissa</b>	8:15 AM	Les Mills BODYPUMP <b>Debbie</b>	(8:00) Les Mills BODYATTACK <b>Debbie</b>
9:30 AM	STRONG by Zumba <b>Hannah</b>	(9:15) STEP <b>Pam</b>	ZUMBA <b>Kelly B</b>	**TOTAL BODY FITNESS <b>Stef</b>	Les Mills BODYPUMP <b>Annie</b>	9:30 AM	STRONG by Zumba <b>Brooke</b>	(9:15) Les Mills BODYPUMP <b>Debbie</b>
10:45 AM	**YOGA SCULPT <b>Stef</b>	(10:30) **ZUMBA STEP/ ZUMBA TONING <b>Mary Jo</b> ★	**YOGA <b>Silvia</b> ★	(10:30) *CORE N MORE <b>Stef</b>		10:45 AM	ZUMBA <b>Brooke</b> ★	
12:00 PM		Silver Sneakers CLASSIC <b>Kaye</b>		Silver Sneakers CLASSIC <b>Kaye</b>		<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 --&gt; XGX Connector Class (great for new members!)</p> </div>		
4:30 PM	**YOGA <b>Jessica</b>							
5:30 PM	STRONG by Zumba <b>Emily</b> ★	Les Mills BODYATTACK <b>Dan</b> ★	ZUMBA <b>Jackie</b>	(6:00) Les Mills BODYPUMP <b>Debbie</b>	Les Mills BODYFLOW <b>Thu Van</b>			
6:45 PM	ZUMBA <b>Victor</b>	Les Mills BODYPUMP <b>Thu Van</b>	**PIYO <b>Joni</b> ★	(7:15) ZUMBA <b>Dena</b>				

## CYCLE STUDIO

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

## AQUA STUDIO

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

BRING WATER, MAT AND TOWEL TO CLASSES

Classes are 60 minutes unless otherwise noted

CLASS SCHEDULE SUBJECT TO CHANGE