

Effective September 1, 2019

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



Wazakesha - GROUP EXERCISE CLASSES - (Jan-Sep)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM		Les Mills BODYPUMP Alyssa				8:15 AM	ZUMBA Mary/Audrey	ZUMBA Stephanie
8:30 AM	ZUMBA Audrey	(8:15) **STRONG by Zumba Jenny ★	Les Mills BODYPUMP Pam	**CORE N MORE Pam	ZUMBA Audrey ★	9:30 AM	Les Mills BODYPUMP Nelly	Les Mills BODYPUMP Steve
AM	(9:45) **TOTAL BODY FITNESS Rachel	(9:15) YOGA Betsy	(9:45) **TURBOKICK Rachel	(9:30) ZUMBA STEP/ ZUMBA TONING Christina	(9:45) Les Mills BODYPUMP Pam	10:45 AM	**PIYO Amanda ★	
10:45 AM	Silver Sneakers CLASSIC Lori	(10:30) ZUMBA Christina		YOGA Betsy	(11:00) YOGA Lori			
12:15 PM					Silver Sneakers CLASSIC Lori	~ COLOR KEY ~ "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class **45 minute class ★ Star --> XGX Connector Class (great for new members!)		
4:45 PM	STRONG by Zumba Stephanie		(5:00) Les Mills BODYPUMP Dave ★					
PM	(6:00) Les Mills BODYPUMP Nelly ★	(5:30) ZUMBA Susie	(6:15) STRONG by Zumba Stephanie	(5:30) ZUMBA Mary	(5:30) ZUMBA Diana			
PM	(7:15) ZUMBA Mary	(6:45) **PIYO Amanda	(7:30) YOGA Betsy ★	(6:45) Les Mills BODYCOMBAT Tina				

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM	**RIDE Jeffrey		**RIDE Jeffrey		*Les Mills SPRINT Alyssa	7:30 AM	*Les Mills SPRINT Kelley L	
AM						8:30 AM	**RIDE Angie ★	(8:45) *Les Mills SPRINT Theresa
PM	(5:30) *Les Mills SPRINT Kelley L		(6:15) *Les Mills SPRINT Kelley S ★					

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
AM	(9:00) **AQUA ZUMBA Christina	(9:30) **AQUA ZUMBA Christina		(8:30) **AQUA ZUMBA Christina	(9:00) **AQUA ZUMBA Hannah	10:00 AM	**AQUA ZUMBA Susie	
PM	(5:30) **AQUA ZUMBA Cindy		(5:15) **AQUA FIT Beth ★				POOL RESERVED DURING CLASSES	

BRING WATER, MAT AND TOWEL TO CLASSES

Classes are 60 minutes unless otherwise noted

CLASS SCHEDULE SUBJECT TO CHANGE