



Greenfield February Class and Event Schedule

Zumba Class Added: Mondays 9am-10am

Please check our app for the most up to date class times, instructors, and potential adjustments!

Kids Fit Hours: Monday-Friday 1:00pm- 5:00pm & 7:00pm-8:30pm | Saturday-Sunday 12:00pm-4:00pm
Jungle Club Hours: Monday-Friday 8:00am-1:00pm and 4:00pm-8:00pm | Saturday and Sunday 8:00am-Noon
Facility Hours: Monday-Friday 5:30am-9:00pm | Saturday 7:00am-5:00pm | Sunday 8:00am-5:00pm

Group Fitness Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30 am Cycling Christine (upstairs studio)		5:30-6:30 am Cycling Christine (upstairs studio)		
	8-9am Yoga Samie (upstairs studio)	8-9 am Ultimate Pilates Christine (upstairs studio)	8-9am Yoga Samie (upstairs studio)	8-9 am Ultimate Pilates Christine (upstairs studio)	8-9am Yoga Samie (upstairs studio)	8-9am Cycling Christine (upstairs studio)
9-10am Yoga Joni (upstairs studio)	9-10 am Zumba Marielena (upstairs studio)	9:15-10:15 am Lift & Burn Lynne (upstairs studio)	9:15-10:15 am Zumba Christina B. (upstairs studio)	9:15-10:15 am Lift & Burn Lynne (upstairs studio)	9-10 am Zumba Christina B. (upstairs studio)	9-10am Sculpt & Tone Barb (upstairs studio)
	12:30-1:30 pm STRONG Reyna (upstairs studio)	12:15-1 pm Lift & Burn Lynne (upstairs studio)	4:30-5:15 pm STRONG Reyna (upstairs studio)	12:15-1 pm Lift & Burn Lynne (upstairs studio)		10-11am Zumba Alternating (upstairs studio)
	4:30-5:15 pm Sculpt & Tone Christina B. (upstairs studio)		5:30-6:30pm Zumba Andi (upstairs studio)			
	5:30-6:30 pm Zumba Christina B. (upstairs studio)	5-5:45 pm Triple Threat Toning Guy (upstairs studio)	5:30-6:15pm H.I.I.T Alternating (basketball court)			
	5:30-6:15 pm H.I.I.T Alternating (basketball court)		6:30-7:30 pm Yoga Samantha (upstairs studio)	5:30-6:30 pm Cycling Jonie S. (upstairs studio)		
	6:30-7:30 pm Yoga Joni (upstairs studio)	6:30-7:30 pm Lift & Burn Lynne (upstairs studio)	6:30-7:30 pm POUND Jonie S. (basketball court)	6:30-7:30 pm Lift & Burn Lynne (upstairs studio)		
		9:30-10:30 am Forever Fit Judy (basketball court)		9:30-10:30 am Forever Fit Janis (basketball court)		9:15-10am Zumba Gold Carol (basketball court)
		11:15-Noon Tai Chi Judy (education room)		11:15-Noon Tai Chi Judy (education room)		
Aquatic Classes						
	9-10 am Aqua Blast Judy	6-7 am Aqua Blast Tabatha	9:15-10 am Aqua Tabata Pam	9-10 am Aqua Circuit Judy	9:15-10 am Aqua Tabata Pam	9-10 am Aqua Zumba Mary
	10-11 am Aqua Pilates Judy	9:15-10 am Aqua Walk/Core Pam	10-11 am HydroSculpt Pam	10-10:30 am Aqua Core Judy		
	11:00-11:45am Arthritis Aquatics Judy	10-11 am HydroSculpt/Tabata Pam	11:00-11:45am Arthritis Aquatics Pam			

Active Aging	Strength	Mind, body and spirit	Cardio	Cardo & Strength Combo	Class takes precedence during listed times. Additional time may be needed prior to and after class for setup and tear down.
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