



**GREEN MOUNTAIN  
COMMUNITY FITNESS**

**EVERYDAY STRONGER**

**Orange Rm / Green Rm / Wind Studio**  
**2023 Winter Class Schedule**  
*(1/1/23 - 3/31/23)*

**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

<p>10:00-11:00A <b>GMXFIT</b></p>	<p>5:30-6:30A <b>GMXFIT</b></p> <p>6:30-7:30A <b>GMXFIT</b></p> <p>6:45-7:45A <b>Extreme Workout</b></p> <p>7:45-8:45A <b>KBXFIT</b></p> <p>9:00-10:00A <b>GMXFIT</b></p> <p>12:00-1:00P <b>GMXFIT</b></p> <p>4:15-5:15P <b>GMXFIT</b></p> <p>5-6:00P <b>GetFIT</b></p> <p>5:15-6:15P <b>GMXFIT</b></p>	<p>5:30-6:30A <b>GMXFIT</b></p> <p>6:15-7:15A <b>GetFIT</b></p> <p>6:45-7:30A <b>Rowing</b></p> <p>9:00-10:00A <b>GMXFIT</b></p> <p>10:15-11:15A <b>FIT4Life</b></p> <p>12:00-1:00P <b>GMXFIT</b></p> <p>5:15-6:15P <b>GMXFIT</b></p> <p>5:15-6:00P <b>ErgON</b></p>	<p>5:30-6:30A <b>GMXFIT</b></p> <p>6:45-7:45A <b>Extreme Workout</b></p> <p>9:00-10:00A <b>GMXFIT</b></p> <p>12:00-1:00P <b>GMXFIT</b></p> <p>4:15-5:15P <b>GMXFIT</b></p> <p>5:15-6:15P <b>GMXFIT</b></p>	<p>5:30-6:30A <b>GMXFIT</b></p> <p>6:15-7:15A <b>GetFIT</b></p> <p>7:45-8:45A <b>KBXFIT</b></p> <p>9:00-10:00A <b>GMXFIT</b></p> <p>12:00-1:00P <b>GMXFIT</b></p> <p>4:15-5:15P <b>GMXFIT</b></p> <p>4:15-5:00P <b>Rowing</b></p> <p>5:15-6:15P <b>GMXFIT</b></p>	<p>5:30-6:30A <b>GMXFIT</b></p> <p>6:30-7:30A <b>GMXFIT</b></p> <p>6:45-7:45A <b>Extreme Workout</b></p> <p>9:00-10:00A <b>GMXFIT</b></p> <p>10:15-11:15A <b>FIT4Life</b></p> <p>12:00-1:00P <b>GMXFIT</b></p> <p>5:15-6:15P <b>GMXFIT</b></p>	<p>8:15-9:15A <b>BarbellFIT</b></p> <p>9:15-10:15A <b>GMXFIT</b></p> <p>9:45-10:45P <b>GetFIT</b></p> <p>10:30-11:30A <b>GMXFIT</b></p>
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**Schedule Key:**

**Orange Room**

**Green Room**

**Wind Studio**

*Schedule may be subject to change - consult online schedule for most up-to-date info.*