

2012 Group Fitness Class Schedule

****For pool classes see Blue Aquatics Flier****

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
STUDIO 1	5:45am	Muscle Pump Int. - Sue Ann	5:45am	Cardio Strength Darrell	5:45am	Muscle Pump Sue Ann	5:45am	Boot Camp Darrell	5:45am	Muscle Pump Sue Ann				
	8:00am	ZUMBA® Tiffany	8:00am	Muscle Pump Dawn					8:00am	ZUMBA® Denise	8:00am	ZUMBA® (Rotation see GF Board)		
	9:15am	Muscle Pump Beth	9:15am	Step Blast Dawn	9:15am	CardioKick w/abs - Pam	9:15am	ZUMBA® Beth/Tiffany	9:15am	Muscle Pump Lynda	9:15am	Muscle Pump Int. - Adriane	9:00am	Boot Camp (90) Lynda
	10:30am	*Zumba Gold® w/wts Judy			10:30am	*Step & Sculpt Dawnette	10:30am	*Zumba Gold® (45) Judy	10:30am	*Low Impact w/wts Dawnette	10:30am	*Zumba Gold® (45) Judy	*Punch Card Class ^ Sign-up Required for INCLINE & cycling classes **\$3.00 drop in or \$12/month unlimited for GAC Cycling	
	4:30pm	Muscle Pump Int - Adriane	5:30pm	ZUMBA® Beth/Carey	5:00pm	Boot Camp(75) Kim	4:45pm	ZUMBA® Dawn	5:30pm	R.I.P.P.E.D.® Rotation GAC Team				
	6:00pm	R.I.P.P.E.D.® Rotation GAC Team	6:30pm	Muscle Pump Sue Ann	6:30pm	ZUMBA® Mandy/Pamela	6:00pm	Step n' Pump Dawn						
	7:00pm	ZUMBA® (Rotation see GF Board)												
STUDIO 2	9:00am	Mat Pilates Maggie			9:00am	Mat Pilates Mary Yana			9:00am	Mat Pilates Maggie	9:00am	Pilates on Ball - Geri or Whitney	Schedule subject to change. Please watch GF board for Holiday Schedules	
	10:00am	Vinyasa Yoga Jen C.	10:30am	*HB Yoga (75) Dawnette	NEW TIME 10:15am	Slo Flo Yoga (75) Donna	10:30am	*HB Yoga(75) Dawnette	NEW TIME 10:15am	Vinyasa Yoga LeAnn	NEW TIME 10:15am	Vinyasa Yoga LeAnn		
	5:30pm	HB Yoga (75) Tom			4:30pm	Mat Pilates Geri								
			6:45pm	Mat Pilates Jodi	5:30pm	Vinyasa Yoga Leslie	5:30pm	HB Yoga Donna						
STUDIO 3					5:30am	**GAC Cycling Heather			5:30am	**GAC Cycling Paul or Adam			All classes are 60 minutes unless noted. (15)=15 min. class (30)=30 min. class (45)=45 min. class (75)=75 min. class	
	9:00am	**GAC Cycling Harry	9:00am	*Cardio Gold Ruth Anne	9:00am	**GAC Cycling Harry	9:00am	*Cardio Gold Ruth Anne	9:00am	Pedal 'n Pump (45/45) Leslie	9:00am	**GAC Cycling Stacy		
			10:30am	*Fit Forever Ruth Anne			10:30am	*Fit Forever Ruth Anne						
	6:30pm	**GAC Cycling Harry			6:30pm	**GAC Cycling Leslie								
Treadmill			9:00am	^INCLINE(45) Adriane			9:00am	^INCLINE(45) Adriane			10:30am	^INCLINE(45) Adriane		