



# GX CLASS SCHEDULE

October 2021

## GX Main Studio

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00 AM		<b>LES MILLS BODYPUMP</b> Debra						
8:00 AM						8:00 AM		
8:30 AM	<b>LES MILLS BODYPUMP</b> Karen	<b>HIIT</b> Rotates	<b>LES MILLS BODYPUMP</b> Rotates	<b>BOOT CAMP</b> Rotates	<b>LES MILLS BODYSTEP ATHLETIC</b> Karen	8:30 AM		
9:00 AM						10:00 AM	<b>LES MILLS BODYPUMP</b> Rotates	
10:00 AM	<b>Silver Sneakers</b> Kay	Senior Fitness @ 9:45 am with Melanie	<b>Silver Sneakers</b> Kay	Senior Fitness @ 9:45 am with Melanie	<b>Silver Sneakers</b> Kay	2:00 PM		
11:00 AM	Stretch Yoga Kay		LineDancing Kay		LineDancing Kay	2:00 PM		
12:00 AM								
5:00 PM		<b>LES MILLS BODYPUMP</b> Jodi		<b>POUND</b> Jodi				
5:30 PM					<b>TRX</b> Performance Zone Karen			
5:30 PM	<b>ZUMBA</b> Lisa		<b>LES MILLS BODYSTEP ATHLETIC</b> Karen					
6:15 PM		<b>POUND</b> Jodi		<b>LES MILLS BODYPUMP</b> Karen				

## CYCLE STUDIO and CARDIO THEATRE

8:00 AM			<b>TREAD SPEED</b> Melanie		<b>TREAD SPEED</b> Melanie	8:30 AM	<b>TREAD SPEED</b> Melanie	
8:30 AM						9:00 AM	<b>LES MILLS RPM</b> Rotates	
6:00 PM	<b>LES MILLS RPM</b> Jodi	<b>LES MILLS RPM</b> Mo						
6:30 PM								

Your Home Town Gym!!!

## MIND/BODY ROOM (located lower building next to Cycle Room)

10:00 AM			<b>ZUMBA</b> Lisa	<b>BARRE above</b> Yvette	<b>ZUMBA</b> Lisa			
11:00 AM	Yoga Yvette		Yoga Yvette		Yoga Vanessa			
5:30 PM		Yoga Nikki						
6:00 PM			<b>Strength</b> Ashley					
6:30 PM	<b>BARRE above</b> Ellen							

## AQUA AEROBICS

9:00 AM	Hydrotone Melanie		Hydrotone Melanie		Hydrotone Melanie			
10:00 AM	Aqua Aerobics Melanie		Aqua Aerobics Melanie		Aqua Aerobics Melanie			
5:30 PM	Aqua Aerobics Ellen			Aqua Aerobics Ellen				

Your text here

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