



GX CLASS SCHEDULE

November 2021

GX Main Studio

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

CYCLE STUDIO and CARDIO THEATRE

8:00 AM			TREAD Melanie		TREAD Melanie	8:30 AM	TREAD Melanie	
8:30 AM						9:00 AM	LES MILLS RPM Rotates	
6:00 PM	LES MILLS RPM Jodi	LES MILLS RPM Mo						
6:30 PM								

Your Home Town Gym!!!

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

10:00 AM			ZUMBA Lisa	BARRE above Yvette	ZUMBA Lisa			
11:00 AM	Yoga Yvette		Yoga Yvette		Yoga Vanessa			
5:30 PM		Yoga Nikki		Yoga Core Nikki				
6:00 PM			Strength Ashley					
6:30 PM	BARRE above 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				

