

GUILDERLAND GOLD'S GROUP EXERCISE

www.gotogolds.com 518-464-1500 Effective November 7th, 2011



Time	Monday	Tuesday	Wednesday	Thursday	Friday times	Friday	WEEKEND Times	Saturday	Sunday
5:30am		T. B. Sculpt KELLY	15-min. FAB ABS BRIDGETT	T. B. Sculpt KELLY	5:30am	15-min. FAB ABS BRIDGETT	7:05am	JOHN	
5:45			EXPRESS JANELLE				8:00am	MARY	JAMI/KELLY
	JOHN		JOHN		5:45AM	PENNEE	9:05am	STEPHANIE	CHARLOTTE
					6:30AM		10:15a	DEB	
8:30	T. B. Sculpt KELLY	9:00 am TIFFANY	DRUMS ALIVE KELLY	ZUMBA RENE	8:25AM	BRIDGETT	10:15a	ZUMBA TIFFANY	
9:30	TIFFANY/ ANNE		ANNE				11:15	25 MIN AB BLASTER SHAINA	
	Beginners KAREN	9:45 KELLY	Beginner FRANCA	TIFFANY	9:35	TIFFANY			
10:30am	Cardio Fit NOREEN		Cardio circuit MIKE	Yoga Stretch NOREEN	11am	Cardio circuit MIKE	<p>Note the 2 Spin classes for Monday and Tuesday Night is Back starting on November 7th!</p> <p>Monday 5pm and 6pm and Tuesday 5:30pm and 6:15pm!</p>		
4:45pm	THE TOTAL PACKAGE JANELLE & STEPHANIE	ZUMBA SHANNAH	T.B. Sculpt SHAWN	Express STEPHANIE	4:45PM	MARY			
5:00PM 5:30PM & 5:45PM	5:00 RON	5:30 TIFFANY	5:30 15-minute FAB ABS SHAWN	5:30 STEPHANIE					
	5:45 15-minute FAB ABS STEPHANIE	5:45 15-minute FAB ABS KELLY							
6:00pm	JOHN	6:15 TIFFANY	SPINNING STAFF	KELLY					
	6:05 TIFFANY	POWER PLYOMETRICS 6:10-6:50 BRIDGETT	CHARLOTTE						
7:00pm	GGT MIKE	6:45 DEB	GGT MIKE	ZUMBA 6:45 ADRIENNE					

