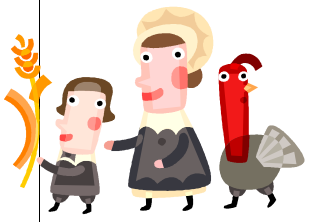
Circuit Fitness Classes - November 2009
Gold's Gym, Carlisle Phone: 218-0282
www.GoldsGym.com/CarlislePA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please bring a bottle of water & a towel to class along with your ticket.	*2* **10:15a** **Senior Circuit/** **Daphne**	**3** **9:15a** **Senior Circuit/** **Sally** AND ALSO **10:15a** **Senior Circuit/** **Dianne**	**4** **9:15a** **Senior Circuit/** **Cheri** **NEW ADDITION!**	**5** **9:15a** **Senior Circuit/** **Dianne** AND ALSO **10:15a** **Senior Circuit/** **Sally**	**6** **9:15a** **Senior Circuit/** **Brian**	***Circuit fitness class tickets may be obtained from the front desk as early as <u>one hour</u> before the start of class.***
8	**9** **10:15a** **Senior Circuit/** **Daphne**	**10** **9:15a** **Senior Circuit/** **Sally** AND ALSO **10:15a** **Senior Circuit/** **Dianne**	**11** **9:15a** **Senior Circuit/** **Cheri** **NEW ADDITION!**	**12** **9:15a** **Senior Circuit/** **Dianne** AND ALSO **10:15a** **Senior Circuit/** **Sally**	**13** **9:15a** **Senior Circuit/** **Brian**	
	16 **10:15a** **Senior Circuit/** **Daphne**	**17** **9:15a** **Senior Circuit/** **Sally** AND ALSO **10:15a** **Senior Circuit/** **Dianne**	**18** **9:15a** **Senior Circuit/** **Cheri** **NEW ADDITION!**	**19** **9:15a** **Senior Circuit/** **Dianne** AND ALSO **10:15a** **Senior Circuit/** **Sally**	**20** **9:15a** **Senior Circuit/** **Brian**	***Circuit fitness classes hold up to <u>15</u> participants per class. Classes will be 40-45 minutes in length.***
22	**23** **10:15a** **Senior Circuit/** **Daphne**	**24** **9:15a** **Senior Circuit/** **Sally** AND ALSO **10:15a** **Senior Circuit/** **Dianne**	**25** **9:15a** **Senior Circuit/** **Cheri** **NEW ADDITION!**	 **Gym Hours: 7a-12 noon** **9:15a** **Senior Circuit/** **Brian** **NO 10:15a today**	**27** **9:15a** **Senior Circuit/** **Brian**	**<u>Gym Hours:</u>** 4:30a-10p weekdays 7a-5p weekends **<u>Kidz Club Hours:</u>** 8a-1p & 4p-8p weekdays Open till 8:30p Mondays 8a-2p Saturdays 9a-2p Sundays
	30 **10:15a** **Senior Circuit/** **Daphne**