

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00a Jess	2 6:00a Cynthia 9:30-10:00 Senior Cycle/ Shelly 4:30p Jill 5:30 Joe	3 4:30p Candy	4 6:00a Sally 9:15 Jess 4:30p Cynthia 5:30 Jill	5 8:30-9:00a Senior Cycle/Jess 4:30 Shelly	6 6:00a Joe 9:15 Dianne 4:30p Cynthia	7 8:30a Jess 9:30 Cycle Intro/ Jess
8 10:00a Jill	9 6:00a Joe 9:30-10:00 Senior Cycle/ Shelly 4:30p Dianne 5:30 Jess	10 4:30p Jill	11 6:00a Jess 9:15 Sally 4:30p Cynthia 5:30 Joe	12 8:30-9:00a Senior Cycle/Jess 4:30p Candy	13 6:00a Sally 9:15 Dianne 4:30p Jess	14 8:30 Candy
15 10:00a Jess 11:00a Cycle Intro/ Jess	16 6:00a Sally 9:30-10:00 Senior Cycle/ Shelly 4:30p Cynthia 5:30 Joe	17 4:30p Jess	18 6:00a Joe 9:15 Cynthia 4:30p Candy 5:30 Shelly	19 8:30-9:00a Senior Cycle/Jess 4:30 Jill	20 6:00a Jess 9:15 Dianne 4:30p Joe	21 8:30a Joe
22 10:00a Dana	23 6:00a Cynthia 9:30-10:00 Senior Cycle/ Shelly 4:30p Jess 5:30 Joe	24 4:30p Cynthia	25 6:00a Sally 9:15 Cynthia 4:30p Candy 5:30 Shelly	 Gym Hours: 7a-12 noon 8:30-9:00a Senior Cycle/Jess 9:15 Jess	27 Black Friday 6:00a No Class 9:15 Dianne Gym Hours: 6a-8p 4:30p No Class tonight	28 8:30 Cynthia Post-Thanksgiving Ride 
29 10:00a Jess	30 6:00a Cynthia 9:30-10:00 Senior Cycle/ Jess 4:30p Jess 5:30 Joe		Group Cycling Class Menu November 2009 Gold's Gym, Carlisle Phone: 218-0282 www.GoldsGym.com/CarlislePA		<i>Remember . . . You'll need a cycling ticket, a bottle of water & a towel to participate in any cycling class.</i>	