

# Gold's Gym Group Exercise Schedule

## NOVEMBER 2009

	M	T	W	TH	F	SA	SU
6:15			Yoga Dena				
8:00		Tai Chi Jeanne		Tai Chi Jeanne			
9:00		Senior Fit Marenda		Senior Fit Marenda		 Marenda	Yoga Dena
9:30	 Marenda		 Marenda		 Brandi		
10:00		Spin* Cami				 Erika	
10:45	Silver & Fit Marenda		Silver & Fit Katie			  	
5:15			 John				
5:30	Spin* (45 min) Caroline	Yoga Stretch Dena		Pilates/ Yoga Dena			
6:15	Abs (30 min) Caroline		Abs (30 min) Katie				
6:30		KickBox Bootcamp Erika		Kick Box Bootcamp Erika			
6:45	 Caroline		 Katie				
7:30				Yoga Erika			

\* SPACE IS LIMITED. PLEASE SIGN UP AT THE FRONT DESK TO RESERVE YOUR BIKE.

Classes maintaining fewer than 5 participants are subject to format change or cancelation.