

Gold's Gym Group Exercise Schedule November 2009

	M	T	W	TH	F		SA	SU
8:00		Silver & Fit David		Silver & Fit David		9:00	 Sarah	
8:30	TRI-Cycle* David		Spin* Zoe			10:00	 Sarah	
9:00		 Sarah		 Sarah	9:15 TBC (75 min) Jennifer	10:30	Yoga** Erika	
9:00		Spin* Keena		Spin* Jennifer		11:00		Yoga** Nathalia
9:30	 Jennifer		 Sarah		TRI-Cycle* David	1:30		Beginning Spin Leslie
10:00		Abs (30 min) Sarah		Abs (30 min) Jennifer		2:30		Abs (30 mn) Leslie
12:00	Forever Fit Jennifer					 		
5:30	  BPC Sarah	 Keena	Sports Conditioning* David	TRI-Cycle* David				
6:30		 Perla		 Sarah				
6:30	Abs (30 min) Sarah	Spin* Leslie	Abs (30 min) David					
7:00		Yoga** Ashley						
7:30	Yoga** Jenn	Abs (30 min) Leslie		Yoga** Nathalia				

CLASSES MAINTAINING FEWER THAN 5 PARTICIPANTS ARE SUBJECT TO CHANGE OR CANCELLATION.

*Spin Room

**Yoga Room