

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MARCH 2019 EVENING GGX MENU	Gym Hours: M-Thurs 4:30am-10:00pm Fri 4:30-9:00pm Sat 6:30am-6:00pm	Kids Club: M-Fri 8 - 1 pm 4—8pm <i>(Kids Club closes at 1p Fri)</i> Sat 8—1pm Sun 9-1pm		1 5:15pm BODYSTEP / Meghan	2
3 Contact Us: 3401 Hartzdale Dr. Camp Hill, PA 17 Phone: 717-303-2070	4 5pm BODYSTEP ™/ Jeannine 5:30pm Cycling /Heather 5:45pm BODYPUMP ™// Josh 6pm Power Yoga / Harry	5 5pm BODYCOMBAT XP / Melissa 5:15pm Cycle Go 30 /Kathie 5:45pm BODYPUMP ™/ Jeannine 6:45 ZUMBA ®/Becky	6 5:15pm P90X / Darlene 5:30pm BODYFLOW ™/ Jeannine 5:30pm RPM/TJ 6:30pm ZUMBA /Leticia	7 5:15 BODYCOMBAT XP / Melissa 6pm BODYPUMP ™/ Vickie	8 5:15pm BODYATTACK / Vickie	9
10 Online: goldsgym/camphillpa Facebook: facebook.com/	11 5pm BODYSTEP ™/ Jeannine 5:30pm Cycling /Heather 5:45pm BODYPUMP ™/ Eileen 6pm Power Yoga / Harry	12 5pm BODYCOMBAT XP / Melissa 5:15pm Cycle Go 30 /Kathie 5:45pm BODYPUMP ™/ Jeannine 6:45 ZUMBA ®/Becky	13 5:15pm R.I.P.P.E.D / Darlene 5:30pm BODYFLOW ™/ Jeannine 5:30pm RPM/TJ 6:30pm STRONG by	14 5:15 BODYCOMBAT XP / Melissa 6pm BODYPUMP ™/ Vickie	15 5:15pm BODYSTEP / Meghan	16
17 Follow us on Instagram @ggcamphill 	18 5pm BODYSTEP ™/ Jeannine 5:30pm Cycling /Heather 5:45pm BODYPUMP ™/ Eileen 6pm Power Yoga / Harry	19 5pm BODYCOMBAT XP / Melissa 5:15pm Cycle Go 30 /Kathie 5:45pm BODYPUMP ™/ Jeannine 6:45 ZUMBA ®/Becky	20 5:15pm P90X / Darlene 5:30pm BODYFLOW ™/ Jeannine 5:30pm RPM/TJ 6:30pm ZUMBA /Leticia	21 5:15 BODYCOMBAT XP / Melissa 6pm BODYPUMP ™/ Vickie	22 5:15pm BODYATTACK / Vickie	23
24 1—4PM  MEMORIAL SLOAN KETTERING EQUINOX	25 5pm BODYSTEP ™/ Jeannine 5:30pm Cycling /Heather 5:45pm BODYPUMP ™/ Eileen 6pm Power Yoga / Harry 6:45pm ZUMBA ®/Nancie	26 5pm BODYCOMBAT XP / Melissa 5:15pm Cycle Go 30 /Kathie 5:45pm BODYPUMP ™/ Jeannine 6:45 ZUMBA ®/Becky	27 5:15pm R.I.P.P.E.D / Darlene 5:30pm BODYFLOW ™/ Jeannine 5:30pm RPM/TJ 6:30pm STRONG by Zumba ®/Leticia	28 5:15 BODYCOMBAT XP / Melissa 6pm BODYPUMP ™/ Vickie	29 5:15pm BODYSTEP / Meghan	30
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