



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>2021</p> 	<p>1</p> <p>9:00A Cycling/Pam D. 9:00 Zumba/ Becky 9:15 LM Core/Jeannine *10:30 SSClassic/Jeannine 5:45P BodyPump/Eileen 6:00 Power Yoga/Harry</p>	<p>2</p> <p>8:00A Tabata/Heather 9:00 BodyPump/Sue L. *10:30 LaBlast/ Donna 5:15P BodyPump/Jeannine 6:00 Cycling/Carrie 6:15 BodyStep/Jeannine 7:00Yoga/Debbie</p>	<p>3</p> <p>8:00A Cycling/Heather 8:15 Body Combat/ Christine 9:00 Pilates/Pam M. 9:30 Zumba/Tracy *11:00Senior Circuit/ Dianne 5:15P Tabata/Justine 6:45 Zumba/Cindy</p>	<p>4</p> <p>6:00A Cycling/Debbie 9:00 BodyPump/ Sue L. *10:00BodyFlow/ Jeannine *10:30 SSClassic/Sue L. 5:30P BodyPump/Vickie 6:45BodyCombatExp/ Michele</p>	<p>5</p> <p>8:30A BodyStep/Sue L. 9:00 Pilates/Shelly 9:45 Zumba/Paula *11:00 Senior Circuit/ Dianne 5:30P Happy Hour Cycle/Harry</p>	<p>6</p> <p>7:15A RPM/Sue M. 8:00Cardio XP/Harry 9:15 BodyPump/Sue M. 10:15 BodyFlow/Jeannine</p>	
<p>7</p> <p>Key: Boomer Friendly Is * Silver Sneakers Is SS</p>	<p>8</p> <p>9:00A Cycling/Harry 9:00 Zumba/Becky 9:15 LM Core/Jeannine *10:30 SS Classic/Sue L. 5:45P BodyPump/Eileen 6:00 Yoga/Debbie</p>	<p>9</p> <p>8:00A Tabata/Heather 9:00 BodyPump/Sue L. *10:30 LaBlast/Donna 5:15P BodyPump/ Jeannine 6:00 Cycling/Carrie 6:15 BodyStep/ Jeannine 7:00 Yoga/Debbie</p>	<p>10</p> <p>8:00A Cycling/Heather 8:15 Body Combat/ Christine 9:00 Pilates/Pam M. 9:30 Zumba/Sherry *11:00Senior Circuit/ Sue L. 5:15P Tabata/Justine 6:45 Zumba/Cindy</p>	<p>11</p> <p>6:00A Cycling/ Debbie 9:00 BodyPump/Sue L. *10:00 BodyFlow/ Jeannine *10:30 SSClassic/Sue L. 5:30P BodyPump/Vickie 6:45 BodyCombatExp/ Michele</p>	<p>12</p> <p>8:30A BodyStep/Sue L. 9:00 Pilates/Shelly 9:45 Zumba/Paula *11:00 Senior Circuit/ Jeannine</p>	<p>13</p> <p>7:15A RPM/Sue M. 8:00BodyCombat/Michele 9:15 BodyPump/Michele 10:15 BodyFlow/Jeannine</p>	
	<p>14</p> <p>9:00A Cycling/Pam D. 9:00 Zumba/Becky 9:15 LM Core/Jeannine *10:30 SS Classic/Jeannine 5:45P BodyPump/Eileen 6:00 Power Yoga/Harry</p>	<p>15</p> <p>8:00A Tabata/Heather 9:00 BodyPump/Sue L. *10:30 LaBlast/Donna 5:15P BodyPump/ Jeannine 6:00 Cycling/Carrie 6:15 BodyStep/ Jeannine 7:00 Yoga/Debbie</p>	<p>16</p> <p>8:00A Cycling/Heather 8:15 BodyCombat/ Christine 9:00 Pilates/Pam M. 9:30 Zumba/Tracy *11:00 Senior Circuit/ Jeannine 5:15P Tabata/Justine 6:45 Zumba/Cindy</p>	<p>17</p> <p>6:00A Cycling/Debbie 9:00 BodyPump/Sue L. *10:00 BodyFlow/ Jeannine *10:30 SSClassic/Sue L. 5:30P BodyPump/Vickie 6:45 BodyCombatExp/ Michele</p>	<p>18</p> <p>8:30A BodyStep/Sue L. 9:00Pilates/Shelly 9:45 Zumba/Paula *11:00 Senior Circuit/ Sue L.</p>	<p>19</p> <p>7:15A RPM/ Sue M. 8:00 CardioXP/ Harry 9:15 BodyPump/Jeannine 10:15 BodyFlow/Jeannine</p>	
<p>21</p> <p>Gym Hours: 5AM-10PM M-TH 5AM-9PM Friday 7AM-5PM Sat. CLOSED SUNDAY</p>	<p>22</p> <p>9:00A Cycling/Pam D. 9:00 Zumba/Becky 9:15 LM Core/Jeannine *10:30 SS Classic/Jeannine 5:45P BodyPump/Eileen 6:00 Yoga/Debbie</p>	<p>23</p> <p>8:00A Tabata/Heather 9:00 BodyPump/Sue L. *10:30 LaBlast/Donna 5:15P BodyPump/ Jeannine 6:00 Cycling/Carrie 6:15 Body Step/ Jeannine 7:00 Yoga/Debbie</p>	<p>24</p> <p>8:00 A Cycling/Heather 8:15 BodyCombat/ Christine 9:00 Pilates/Pam M. 9:30 Zumba/Sherry *11:00 Senior Circuit/ Justine 5:15P Tabata/Justine 6:45 Zumba/Cindy</p>	<p>25</p> <p>6:00A Cycling/Debbie 9:00 BodyPump/Sue L. *10:00BodyFlow/ Jeannine *10:30 SSClassic/Sue L. 5:30P BodyPump/Vickie 6:45 BodyCombatExp/ Michele</p>	<p>26</p> <p>8:30A BodyStep/Sue L. 9:00 Pilates/Shelly 9:45 Zumba/Paula *11:00 Senior Circuit/ Sue L.</p>	<p>27</p> <p>7:15A RPM/Sue M. 8:00 TaeBo/Ed 9:15 BodyPump/Sue L.. 10:15 BodyFlow/Jeannine</p>	
<p>28</p> <p>Kids Club Hours: M-Th 4:30P-7:30P Friday 9:00A-12P Sat. 9:00A-12P CLOSED SUNDAY</p>	<p>29</p> <p>9:00A Cycling/Pam D. 9:00 Zumba/ Becky 9:15 LM Core/Jeannine *10:30 SS Classic/Jeannine 5:45P BodyPump/Eileen 6:00 Power Yoga/Harry</p>	<p>30</p> <p>8:00A Tabata/Heather 9:00 BodyPump/Sue L. *10:30 LaBlast/Donna 5:15P BodyPump/ Jeannine 6:00 Cycling/Carrie 6:15 BodyStep/ Jeannine 7:00 Yoga/Debbie</p>	<p>31</p> <p>8:00A Cycling/Heather 8:15 BodyCombat/ Christine 9:00 Pilates/Pam M. 9:30 Zumba/Tracy *11:00Senior Circuit/ Sue L. 5:15P Tabata/Justine 6:45 Zumba/Cindy</p>	<p>Gold's Gym, Camp Hill March 2021 Group Fit Menu 3401 Hartzdale Drive, Camp Hill 717-303-2070 www.goldsgym.com/camphillpa</p>			