



Gold Hill Group Fitness Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY 1-29, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45am Cycle Cross* w/Cheryl		5:45-6am Abs Lab w/Beth	5:15-6am Athletic Conditioning w/Janet & Trish	5:45-6am Abs Lab w/Bethany		
		6-6:45am Custom Cuts w/Beth		6-6:45am Custom Cuts w/Bethany		
	8:10-9:10am Zumba* w/Stacy		8:15-9:10am Yoga Bootcamp w/Nancy *NEW CLASS*	8:30-9:30am Zumba w/Casey		
9:15-10:10am Latin Hip Hop Dance* w/Marcea	9:15-10am Yoga w/Tina *NEW FORMAT*	9:15-10:15am Interval Challenge w/Denise	9:15-10am Swetshop w/Denise		9-9:55am Custom Cuts w/Sheila	
10:30-11am Power Sculpt w/Bethany		10:30-11:30am Nia w/Kat	10-10:30am Kettlebell Pump w/Denise	10-10:45am Kickboxing w/Sibylle	10-10:50am Zumba Gold w/Don	
11:05am-12noon Zumba Gold w/Don		5:25-6:15pm Beginner Yoga w/Janice		10:45-11am PiYo w/Sibylle		
6-6:55pm Kickboxing w/Sibylle	5-6pm Custom Cuts w/Miriam	6:20-7:20pm Zumba* w/Karen T.	5:45-6:45pm Custom Cuts w/Christina			
7-8pm Zumba* w/Irina	6:10-7:10pm Zumba* w/Casey	7:30-8pm Power Sculpt w/Bethany				

Cycle Schedule FEBRUARY 1-29, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6am Janet	5:15-6am Eileen					
	9:15-10:15am Suzanne	10-10:45am Iva	9:15-10am Cheryl			
		5:30-6:15pm w/Violet				