



# G U S H H E A L T H & F I T N E S S

## CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	<b>*CYCLING</b> JEFF		<b>*CYCLING</b> JEFF		<b>*CYCLING</b> HOPE	
7:50 AM	<b>SILVER SNEAKERS</b> LINDA		<b>SILVER SNEAKERS</b> LINDA		<b>SILVER SNEAKERS</b> LINDA	
8:30 AM	<b>*CYCLING</b> TIFFANY		<b>*CYCLING</b> TIFFANY		<b>*CYCLING</b> TIFFANY	<b>*CYCLING</b> ASHTON
9:00 AM	<b>H.I.I.T.</b> FRANCEE	<b>T.N.T.</b> Tighten&Tone PAIGE	<b>TURBO KICK</b> TERRIE	<b>T.N.T.</b> Tighten&Tone FRANCEE	<b>STEP IT UP</b> ALISHA/ RACHAEL A	
9:15 AM		<b>*CYCLING</b> ANNALEE		<b>*CYCLING</b> ANNALEE		<b>SATURDAY GUMBO</b>
9:45 AM	<b>RIPPED UP ABS</b> FRANCEE		<b>RIPPED UP ABS</b> TERRIE		<b>RIPPED UP ABS</b> ALISHA/ RACHEL A	
10:10 AM	<b>PI-YO</b> KERI	<b>ZUMBA</b> RACHAEL D.	<b>LINE DANCE</b> LINDA	<b>PILATES</b> RACHAEL D	<b>YOGA</b> ANNIE	
11:15 AM	<b>SILVER SNEAKERS</b> LINDA		<b>SILVER SNEAKERS</b> LINDA		<b>SILVER SNEAKERS</b> LINDA	
4:30 PM	<b>*CYCLING</b> MARY  <b>ZUMBA</b> JEANNIE		<b>*CYCLING</b> MARY			
5:30 PM	<b>PUMP</b> LIZ	<b>*CYCLING</b> EMILY  <b>EXTREME BOOTCAMP</b> ANGELLE	<b>PUMP</b> LIZ/ ANGELLE	<b>*CYCLING</b> MICHELLE  <b>ZUMBA</b> JEANNIE		
6:30 PM	<b>YOGA</b> MARILYN					

\*Due to a limited number of bikes, sign up for all **cycling** classes will be available at the front desk **30 minutes** before class begins. Sign up in person only. First come, first serve basis. Bring water and a towel.

\*\*CLASSES MAY CHANGE PERIODICALLY THROUGHOUT THE YEAR.

UPDATED: 9/29/11