



# FEBRUARY 2010 GROUP FITNESS SCHEDULE

770-535-2985

www.fitnessforumgainesville.com

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY		FRIDAY			SAT
TIME	STUDIO A	CYCLE ROOM	POOL	STUDIO A	CYCLE ROOM	STUDIO A	CYCLE ROOM	POOL	STUDIO A	CYCLE ROOM	STUDIO A	CYCLE ROOM	POOL	STUDIO A	
7:45am	60		Colleen	<b>6:15am</b> <b>NEW!</b> 45				Colleen			60		Colleen		
8:00am	Tamara		<b>AQUA FIT 2</b> 60		Ginger	Tina		<b>AQUA FIT 2</b> 60		Leah	Lynn		<b>AQUA FIT 2</b> 60	Instructors rotate	
8:30am		60		<b>GROUP XPOWER</b> 60		<b>C.S.I.</b> 60			Tina	60				<b>GROUP XPOWER</b>	
8:45am		Ginger	Colleen	Ginger				Colleen	45		Tina		Colleen		
9:00am			<b>AQUA FIT 1</b> 60	Tina				<b>AQUA FIT 1</b> 60			30		<b>AQUA FIT 1</b> 60	Connie	
9:30am	60		Colleen	<b>SLIDE</b> 30	←limit 14	Jeri  45		Colleen	<b>GROUP XPOWER</b> Susan 60		<b>SLIDE</b> 30	←limit 14	Colleen	45	
10:00am	Ginger		<b>H2O4 ARTHRITIS</b> 60	<b>AB LAB</b> Tina 30				<b>H2O4 ARTHRITIS</b> 60			<b>AB LAB</b> 30		<b>H2O4 ARTHRITIS</b> 60		
10:30am														60 <b>TIME CHANGE</b>	
10:45am	60 Cardio Circuit			60 <b>MSROM</b>		60 Cardio Circuit		60 Cardio Circuit		60 <b>MSROM</b>	60 <b>Cardio Fit</b>			Instructors rotate	
11:00am	Ginger		AQUA PRIVATE	Susan		Karen		AQUA PRIVATE	Susan		Karen		AQUA PRIVATE		
12:15pm	45 Wendy			45 Wendy		60 ← Tamara		45 Wendy		45 Wendy	<b>CIRCUIT</b> Trish 45				
4:30pm	30/30 <b>SLIDE</b>	Nancy/Tina ←limit 14		60 Krista		<b>GROUP XPOWER</b> 60 Ginger		<b>IT'S BACK!</b>		60 Krista	<b>NEW TIME NEW DAY</b>				
5:30pm	<b>GROUP XPOWER</b> Patricia	45 Scott		60 Natalie	45 Joel	45 Connie	45 Ginger	<b>NEW</b> limit 14 →	30/30	45 Scott	<b>HEAT</b> Andy 60				
6:30pm	Lynn  60	45 Scott		C.J.  60 <b>H.E.A.T.</b>		<b>GROUP XPOWER</b> 60 Scott				45 Emily					

**Meet The Trainers:**  
Did you know that several of our Group Fitness Instructors are also Personal Trainers?  
C.J.Allen, Tina Comeaux, Trish Evans, Jeri Mansur, Scott Unnold  
Ask how you can receive your complimentary session!

**GYM HOURS**  
Mon-Fri 24 Hours  
Sat-Sun 8:00am-6:00pm

**Happy Valentine's Day**  
GIFT CERTIFICATES FOR PERSONAL TRAINING & FITNESS FORUM MEMBERSHIPS  
MAKE GREAT VALENTINES GIFTS!

**CHILD CARE HOURS**  
Mon-Fri 8:00am-1:00pm  
Mon-Fri 3:00pm-8:00pm  
Saturday 8am-1pm



