


JULY 2010 GROUP FITNESS SCHEDULE

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 Tamara														
8:00am			AQUA FIT 2 60			8:15am Greg's Boot Camp \$5.00 drop in fee		AQUA FIT 2 60		Leah			AQUA FIT 2 60		
8:30am		60 Ginger		GROUP XPOWER 60						60 Tina				GROUP XPOWER	
8:45am		Ginger		Ginger											
9:00am			60 AQUA FIT 1					60 AQUA FIT 1					60 AQUA FIT 1	Connie	
9:30am	60 Ginger			45 Jeri					GROUP XPOWER 60 Susan					45	
10:00am	Ginger		H2O4 ARTHRITIS 60			Carina 60		H2O4 ARTHRITIS 60					H2O4 ARTHRITIS 60		
10:30am														60	
10:45am	Silver Sneakers 60 Cardio Circuit			Silver Sneakers 60 MSROM		Silver Sneakers 60 Cardio Circuit		Silver Sneakers 60 MSROM		Silver Sneakers 60 Cardio Fit					
11:00am	Ginger		AQUA PRIVATE	Susan		Karen		AQUA PRIVATE	Susan		Karen				
12:15pm															
4:30pm	Nancy SLIDE					GROUP XPOWER 60 Ginger									
5:30pm	GROUP XPOWER Patricia	45 Scott		ZUMBA Natalie 60	45 Joel	60 Connie	45 Ginger		CIRCUIT Joël	45 Scott					
6:30pm	Lyn	45 Scott		H.E.A.T. April	45	GROUP XPOWER 60 Scott							Instructors rotate		

Back at 9:00am

It's back at your request!


770-535-2985
 Fitness Forum/Old SKL
FUNDRAISER to benefit Julie Bryan
 Saturday July 31st 10am-2pm
 Fun Games, Food, Raffle & Prizes
SPIN-A-THON 10:30am-1:30pm
YOGA DONATION CLASS
 10:30am-11:30am
 Check us out on Facebook
 Old School Fitness Forum

GYM HOURS
 Mon-Fri 24 Hours
 Sat-Sun 7:00am-6:00pm

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



Closed Sunday July 4th

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