

Group Fitness Schedule Effective January 1, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
7:00 AM							
8:30 AM							
9:00 AM						Power & Tone Beth	
9:30 AM	Zumba Michelle	Cross Fit Ryan	Pumped Jacqui	Cardio & Yoga Pam	Core & More Jacqui		Zumba & ZumbAtomic Michelle
10:00 AM						Pi-Yo Pam	
11:00 AM						Zumba & ZumbAtomic Michelle	
3:00 PM							
4:00 PM							
4:30 PM		20/20/20 Deb					
5:00 PM	Forever Young Pam		Forever Young Pam	Core System Fabio			
5:30 PM		Yoga Deb					
6:00 PM	Pumped Jacqui		Power & Tone Pam or Deb	Zumba Yasi			

6:30 PM		Core System Fabio			Cross Fit Ryan		
7:00 PM	Zumba Yasi		Zumba Michelle				
7:30 PM		Zumba Melanie					
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Pumped - A workout using high reps and light weights to tone muscles.

20/20/20 - 20 minutes of step or kickboxing, 20 minutes of weights, 20 minutes of Pilates

Zumba - Latin dance based cardio program that makes working out fun!

Pi-Yo - A fantastic fusion of Pilate's and Yoga in one class!

Forever Young - Moderate & mild weight training ending with relaxation breathing.

Power & Tone - A motivating and high-energy 60 minute barbell workout focusing on strenghtening and toning all major muscles with up-beat music.

Core & More - A class that is designed to work on your mid-section and butt by utilizing all of your core muscles

Zumba Toning - Latin dance based cardio program that makes working out fun with weights or Zumba toning sticks

Yoga - A class with light stretching to increase well-being and overall flexibility to assist in alleviating stress

Cardio & Yoga - A class with cardio drills for a high metabolic burn followed by Yoga to relax your muscles

ZumbAtomic - A Zumba class for parents and children to enjoy together

Core System - A system designed with X bands to engage all of your major muscle groups at once. Strengthen & tone your abs, core, upper & lower body. Melt away the fat in your waist, buns and thighs. This class is everything you need to get a strong, sleek body!
Gil's is the first gym around the area to offer this class!!!!

Zumba Gold - A lower intensity Latin dance class at a beginner's level. Gold classes strive to improve balance, strength, flexibility and the heart.

Cross Fit - A strength and conditioning system built on constantly varied, if not randomized, functional movements executed at high intensity. This class is not for the faint hearted or weak stomached!