

WORLD GYM CLASS SCHEDULE

2008 N Pittsburgh Street - 735-3221

EFFECTIVE OCTOBER 16th 2006

GYMNASIUM

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30 AM	BODYPUMP Lisa		BODYPUMP Lorraine				
8:00 AM						BODYPUMP Rotation	
9:00 AM						BODYSTEP Rotation	
9:30 AM	BODYPUMP Lorraine	BODYCOMBAT Lorraine	BODYPUMP Lisa	BODYSTEP Lisa	BODYFLOW Jill		
10:30 AM	BODYJAM Lisa						
12:00 PM					BODYSTEP * Lorraine/Linda		
1:30 PM							BODYFLOW Rotation
5:00 PM	BODYSTEP Tricia	BODYPUMP Linda	BODYJAM Jill	BODYPUMP Tricia	BODYCOMBAT Paul/Val		
6:00 PM	BODYPUMP Karl & Lisa	BODYCOMBAT Karl	BODYSTEP Lisa	BODYFLOW Jill			
7:00 PM		BODYFLOW Lisa	BODYPUMP Linda				
Family Gym		8:15-9:00 PM		8:15-9:00 PM	7:15-9:00 PM	11:15 AM - 6:00 PM	10:00 AM - 1:00 PM

CYCLE STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30 AM		rpm Brandi		rpm Dave			
9:00 AM						rpm Rotation	
12:00 PM	rpm * Karl		rpm * Jill				
5:00 PM	rpm Jill		rpm Karl				
6:00 PM		rpm Dave		rpm Mike			

* Shorter format for lunch time classes.

POOL

	MON	TUES	WED	THUR	FRI	SAT	SUN
9:00 AM	Aquasize Kelly	Arthritis Plus Lisa	Aquasize Kelly	Aquasize Kelly	Arthritis Plus Lisa	Aquasize Rotation	
5:30 PM	Aquasize Deep Water Diane		Aquasize Deep Water Diane				
Swim Lessons	6:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM	6:30-8:30 PM			
Family Swim	4:00-8:30 PM	4:00-8:30 PM	4:00-8:30 PM	4:00-8:30 PM	4:00-8:30 PM	1:30-5:30 PM	12:30-3:30 PM

YOGA STUDIO

	MON	TUES	WED	THUR	FRI	SAT	SUN
9:00 AM		<i>Gentle Yoga</i> Kelly					
4:30 PM			BODYJAM Essentials				
5:30 PM	BODYPUMP Essentials	BODYCOMBAT Essentials	BODYSTEP Essentials				
6:30 PM		BODYFLOW Essentials					

All classes FREE to full use members.

Pay as you go classes for non-members just \$7 per class or \$14 for two or more classes in the same day.