



# FITNESS CLASS SCHEDULE

## SPRING/SUMMER 2011



DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:25 AM	BURN IT WITH THE BALL & BELL	FUSION FITNESS YOGA VIBRATIONS	MUSCLE MUVES		FUSION FITNESS PILATES PLUS		
7:45 AM	PILATES		MUSCLE MUVES				
8:00 AM		CIRCUIT/INTERVAL BOOST		CIRCUIT/INTERVAL BOOST	PILATES		CARDIO CINEMA ALL DAY! ASK THE FRONT DESK! WE WILL POP DVD! BRING A FRIEND FOR FREE!
9:00 AM	STEP & POWER INTERVALS	TURBO KICK BOX	MUSCLE MUVES	FLEX APPEAL	CARDIO BLAST	ZUMBA** (Claudia)	
10:30 AM	YOUNG AT HEART* CARDIO PARTY	CIRCUIT	YOUNG AT HEART* MUSCLE MUVES		YOUNG AT HEART* CARDIO W/ POWER INTERVALS		
12:00 PM  THRU 4:00 PM	P90X! <b>CARDIO CINEMA! ASK THE FRONT DESK TO SET IT UP!!</b> P90X!  ABS! YOGA! P90X! PILLATES! ABS! STRETCH!						
5:00 PM	HARD CORE		HARD CORE				
5:30 PM	INTERVALS OF POWER	PILATES	MUSCLE MUVES	FIT YOGA			
6:45 PM	GYMNASTICS (Call for Time & Cost)	ZUMBA** (Claudia)	GYMNASTICS (Call for Time & Cost)	ZUMBA** (Julia)			

\* The Young at Heart Class is \$3.00 per class and is sponsored by the Otsego County Commission on Aging!

\*\*ZUMBA - A \$6.00 walk-in fee per class. Ask Claudia Woodhouse about other plans!

**POWERHOUSE GYM HOURS: Monday - Friday 5:00am - 8:00pm, Saturday & Sunday 8:00am - 2:00pm**

**989.732.0744**

**[www.gaylordsgym.com](http://www.gaylordsgym.com)**

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