





GYMDOG FITNESS @ GORDON FITNESS CENTER

29607 Barnes Avenue; Fort Gordon, GA30905; 706-791-2369

www.gymdogfitness.com



JANUARY GORDON FITNESS SCHEDULE - **GROUP ROOM**

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
8:45-9:30 a.m.						TRX TOTAL BODY (Amber/Joe)
9:30-10:30 a.m.	ZUMBA/TONING® (Jacky P.)		ZUMBA® (Angie)	MIXXEDFIT® (Ty)	ZUMBA® (Jacky P.)	
10:00-11:00 a.m.		ZUMBA TONING® (Janice)				ZUMBA® (April)
4:30-5:30 p.m.	ZUMBA® (Janice)	CORE COMMOTION (Roxanne/Ingrid)	GLUTES & GUTS (Ammie)	ZUMBA® (Janice)	MIXXEDFIT® (Naldine)	  <p>Name: Gymdog Fitness</p>
5:30-6:30 p.m.	5:30-6:15 p.m. STRONG by Zumba® (Tiffany)	TRX TOTAL BODY (Joe)	R.I.P.P.E.D.® (Anna)	BARRE BURN (Amber/Ammie)		
6:30-7:30 p.m.	YOGA FLOW (Grace/Nancy)	ZUMBA TONING® (Jacki/Janice)	ZUMBA® (Alfred)	YOGA FLOW (Lissett)		

JANUARY GORDON FITNESS SCHEDULE - **CYCLE ROOM**

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
5:30-6:15 a.m.	CYCLING (Angela)	CYCLING (Joanna)	CYCLING (Jasmine)		CYCLING (Roxanne)	
9:30-10:15 a.m.						CYCLING (Amber/Jennifer/Joe)
5:30-6:15 p.m.	CYCLING (Joe/Jasmine)	5:45-6:15 p.m. TABATA CYCLE (Amber)	CYCLING (Joe/Joanna)			

GYM HOURS:	Monday - Friday: 5:00 a.m. – 9:00 p.m.
	Saturday: 8:00 a.m. - 9:00 p.m.
	Sunday: 10:00 a.m. - 6:00 p.m.