




# GYMDOG FITNESS @ GORDON FITNESS CENTER

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

www.gymdogfitness.com



## NOVEMBER GORDON FITNESS SCHEDULE - **GROUP ROOM**

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
8:45-9:30 a.m.						TRX POWER BLAST (Amber/Matt/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)
11:00-12:00 p.m.						TURBO KICK® (Sarah)
4:30-5:30 p.m.	ZUMBA® (Janice)	CORE COMMOTION (Matt)	GLUTES & GUTS (Ammie)	ZUMBA® (Janice)	MIXXEDFIT® (Naldine)	  <p>Name: Gymdog Fitness</p>
5:30-6:30 p.m.	TURBO KICK® (Sarah)	FUNCTIONAL FITNESS/TRX (Matt/Joe)	R.I.P.P.E.D.® (Anna)	BARRE BURN (Amber/Ammie)		
6:30-7:30 p.m.	YOGA FLOW (Lissett/Amber)	ZUMBA TONING® (Jacki H.)	ZUMBA® (Alfred)	YOGA FLOW (Lissett)		

## NOVEMBER GORDON FITNESS SCHEDULE - **CYCLE ROOM**

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

<b>GYM HOURS:</b>	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.