



GYMDOG FITNESS

GORDON FITNESS CENTER



29607 Barnes Ave
Fort Gordon, GA 30905

OCTOBER CALENDAR OF SUB/ALTERNATE INSTRUC

YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES

MON	TUE	WED	THUR	FRI	SAT	S
<u>2</u> 5:30 p.m. CYCLE – Matt 6:30 p.m. YOGA – Nancy	<u>3</u> 5:30 am CYCLE-Michelle 4:30 p.m. CORE- Matt 5:30 p.m. FUNC- Matt	<u>4</u> 5:30pm CYCLE – Matt	<u>5</u> 9:30 am ZUMBA- Anna 5:30 pm BAR - Ammie	<u>6</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30 pm ZUMBA	<u>7</u> HOLIDAY HOURS 10-6 NO 8:45 am TRX NO 9:30 am CYCLE YES 10 am ZUMBA YES 11 am TURBO	<u>8</u>
<u>9</u> HOLIDAY HOURS 10-6 NO 5:30 a.m. CYCLE NO 9:30 a.m. STRONG YES 4:30 p.m. ZUMBA NO 5:30 or 6:30 p.m.	<u>10</u> 5:30 am CYCLE-Kim 4:30 pm CORE- Barbara 5:30 pm FUNC- Barbara	<u>11</u> 5:30pm CYCLE – Matt	<u>12</u> 9:30 a.m. MIX-Sherika 5:30 pm BAR – Amber	<u>13</u>	<u>14</u> 8:45 a.m. TRX – Amber 9:30 a.m. CYCLE – Amber	<u>15</u>
<u>16</u> 5:30 p.m. CYCLE – Kim 6:30 p.m. YOGA – Nancy	<u>17</u> 5:30 am CYCLE-Kim 4:30 p.m. CORE- Matt 5:30 p.m. FUNC- Matt 5:45 pm CYCLE-Michelle	<u>18</u> 5:30pm CYCLE – Kim	<u>19</u> 5:30 pm BAR – Ammie	<u>20</u> 4:30pm ZUMBA-Quannaies	<u>21</u> 8:45 a.m. TRX – Amber 9:30 a.m. CYCLE – Amber	<u>22</u>
<u>23</u> 5:30 p.m. CYCLE – Matt 6:30 p.m. YOGA – Grace	<u>24</u> 5:30 am CYCLE-Kim 4:30 p.m. CORE- Matt 5:30 p.m. FUNC- Matt	<u>25</u> 5:30pm CYCLE - Kim	<u>26</u> 5:30 pm BAR – Amber	<u>27</u>	<u>28</u> 8:45 a.m. TRX – Matt 9:30 a.m. CYCLE – Matt	<u>29</u>
<u>30</u> 5:30 p.m. CYCLE – Matt 6:30pm YOGA-Amanda D	<u>31</u> 5:30 am CYCLE-Michelle 4:30 p.m. CORE- Matt 5:30 p.m. FUNC- Matt					