



# 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>1</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA - Nancy	<u>2</u> 4:30 pm CORE - Matt 5:30 pm FUNC - Matt	<u>3</u> 5:30 pm CYCLE - Matt	<u>4</u> 4:30pmZUMB-AngieO 5:30 pm BAR - Amber	<u>5</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30 pm MIXFIT	<u>6</u> HOLIDAY HOURS 10-6 NO 8:45 am TRX NO 9:30 am CYCLE YES 10:00amMIX-Naldine YES 11:00amRIP - Ingrid	<u>7</u>
<u>8</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 11:00amYOGA YES 4:30pm ZUMBA NO 5:30pm or 6:30 pm	<u>9</u> 4:30 pm CORE - Matt 5:30 pm FUNC - Matt	<u>10</u> 5:30 pm CYCLE - Matt	<u>11</u> 5:30 pm BAR - Ammie	<u>12</u>	<u>13</u> 8:45 am TRX - Amber 9:30 am CYCLE - Amber 10:00 am ZUMBA - April	<u>14</u>
<u>15</u> 9:30 am MIX-Naldine 5:30 pm CYCLE - Joe 6:30 pm YOGA - Nancy	<u>16</u> 4:30 pm CORE - Ammie 5:30 pm TRX - Joe	<u>17</u> 5:30pmCYCLE - Tamara	<u>18</u> 5:30 pm BAR - Amber	<u>19</u>	<u>20</u> 8:45 am TRX - Joe 9:30 am CYCLE - Joe 10:00 am ZUMBA - April	<u>21</u>
<u>22</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA - Grace	<u>23</u> 4:30 pm CORE - Matt 5:30 pm FUNC - Matt	<u>24</u> 5:30amCYCLE-Roxanne 4:30 pmGLUTE -Ammie 5:30 pm TURBO - Sarah 5:30 pm CYCLE - Matt	<u>25</u> 5:30 pm BAR - Ammie	<u>26</u>	<u>27</u> 8:45 am TRX - Matt 9:30 am CYCLE - Matt 10:00 am ZUMBA - Karen	<u>28</u>
<u>29</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA - Nancy	<u>30</u> 4:30 pm CORE - Matt 5:30 pm FUNC - Matt	<u>31</u> 5:30amCYCLE-Roxanne 4:30 pmGLUTE - Matt 5:30 pm TURBO - Sarah 5:30 pm CYCLE - Matt				