



GYMDOG FITNESS

GORDON FITNESS CENTER



29607 Barnes Ave
Fort Gordon, GA 30905

DECEMBER CALENDAR OF SUB/ALTERNATE INSTRUC

YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES

MON	TUE	WED	THUR	FRI	SAT	S
					<u>1</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>2</u>
<u>3</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA - Lissett	<u>4</u> 10:00 am TONE - Karen 4:30 pm CORE - Matt 5:30 pm FUNC – Matt	<u>5</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30pm GLUTE NO 5:30pm or 6:30 pm	<u>6</u> 5:30 pm BAR – Amber	<u>7</u>	<u>8</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe	<u>9</u>
<u>10</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA – Amber	<u>11</u> 4:30 pm CORE - Ammie 5:30 pm TRX – Joe	<u>12</u> 5:30 pm CYCLE - Matt	<u>13</u> 5:30 pm BAR – Ammie	<u>14</u> GYM CLOSED FOR CLEANING NO CLASSES	<u>15</u> GYM CLOSED FOR CLEANING NO CLASSES	<u>16</u>
<u>17</u> 5:30 pm CYCLE - Matt 6:30 pm YOGA – Nancy	<u>18</u> 4:30 pm CORE - Matt 5:30 pm FUNC – Matt	<u>19</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30pm GLUTE NO 5:30pm or 6:30 pm	<u>20</u> HOLIDAY HOURS 10-6 NO 9:30 am MIXFIT YES 4:30pm ZUMBA NO 5:30 or 6:30 pm	<u>21</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30 pm MIXFIT	<u>22</u> HOLIDAY HOURS 10-6 NO 8:45 am TRX NO 9:30 am CYCLE YES 10 am Zumba-April YES 11 am TURBO	<u>23</u>
<u>24</u> HOLIDAY HOURS 10-6 NO CLASSES	<u>25</u> CHRISTMAS NO CLASSES	<u>26</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30pm GLUTE NO 5:30pm or 6:30 pm	<u>27</u> HOLIDAY HOURS 10-6 NO 9:30 am MIXFIT YES 4:30pm ZUMBA NO 5:30 or 6:30 pm	<u>28</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30 pm MIXFIT	<u>29</u> HOLIDAY HOURS 10-6 NO 8:45 am TRX NO 9:30 am CYCLE YES 10 am Zumba-April YES 11 am - Roxanne	<u>30</u>
<u>31</u> HOLIDAY HOURS 10-6 NO CLASSES	<u>NEW YEARS</u> NO CLASSES					

