

Group Fitness Schedule - Winter 2010

722 Freeman Ln. Grass Valley, CA 95949
(530) 274-3481 or (530) 272-7676

Monster Gym

MON	TUE	WED	THUR	FRI	SAT	SUN
	 SPINNING ✓ ALLIE 6:00-6:45		 SPINNING ✓ ALLIE 6:00-6:45			
STRENGTH & STRETCH HOMER 7:30-8:25	YOGA JENNIFER 7:45-8:50	STRENGTH & STRETCH HOMER 7:30-8:25	YOGA JENNIFER 7:45-8:50			
 SPINNING ✓ KIM M. 8:30-9:15		 SPINNING ✓ HOMER 8:30-9:15		 SPINNING ✓ HOMER 8:30-9:15	 SPINNING ✓ HOMER 8:00-9:00	
Qi Gong HOMER 9:30-10:25	 SPINNING ✓ AMANDA 9:00-9:45	ZUMBA LOW IMPACT NADJA 9:30-10:25	 SPINNING ✓ MICHELLE 9:00-9:45	Qi Gong HOMER 9:30-10:30	YOGA JENNIFER 9:20-10:20	
	PILATES AMANDA 10:00-11:00		PILATES MICHELLE 10:00-11:00		ZUMBA CATIE 10:30-11:30	
	ZUMBA NADJA 11:00-12:00		ZUMBA NADJA 11:00-12:00			
 SPINNING ✓ JULI 12:15-1:00	 BODYPUMP ✓ KIMBERLEY 12:15-1:15	 SPINNING ✓ JULI 12:15-1:00	 BODYPUMP ✓ KIMBERLEY 12:15-1:15	 SPINNING ✓ JULI 12:15-1:00		
 BODYPUMP ✓ HARRY 5:30-6:30	 SPINNING ✓ SCOTT 5:30-6:30	 BODYPUMP ✓ HARRY 5:30-6:30	 SPINNING ✓ KIM F. 5:30-6:30			

Class Guide

\$ Fee Class

✓ Sign-up Required

Club Schedule

Mon - Fri 4:30am-9pm
Sat-Sun 7am-7pm
Holiday Hours
See back of schedule