



GYMDOG FITNESS (www.gymdogfitness.com)

GORDON FITNESS CENTER

29607 Barnes Avenue; Fort Gordon, GA 30905 706-791-2369



MAY GROUP FITNESS SCHEDULE - GROUP ROOM

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
9:30 - 10:30 a.m.	MUSCLE MAX (Rod)		POWER STEP (Doris)			
10:00 - 11:00 a.m.						ZUMBA (Joey)
11:30 a.m. - 12:30 p.m.		11:30-12:00 Group Rm; 12:00-12:30 Cycle Rm RIP & RIDE (Jennifer)				
4:30 - 5:30 p.m.	ZUMBA (Janice)	BELLY DANCING (Karen/Shai)		ZUMBA (Janice)	4:30-5:00 Group Rm 5:00-5:30 Cycle Rm RIP & RIDE (Roxanne/Tracy)	
5:30 - 6:30 p.m.	5:30-6:15 Group Rm; 6:15-7:00 Cycle Rm SURVIVE & RIDE (Amber/Jennifer)	MUSCLE MAX (Nikki/Doris)	POWER STEP (Jeanette)	TOTAL CONDITIONING (Amber/Jennifer)		
6:30 - 7:30 p.m.		6:30-7:00 ULTIMATE ABS (Nikki/Doris)		POWER YOGA (Amber)		

MAY GROUP FITNESS SCHEDULE - CYCLE ROOM

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
5:30 - 6:15 a.m.	CYCLING (Tracy)	CYCLING (Kristy)	CYCLING (Tracy/Roxanne)	5:30-6:00 Group Rm 6:00-6:30 Cycle Rm RIP & RIDE (Tracy)	CYCLING (Roxanne)	<u>9:00 CYCLING</u> (Alt. Instructors)
11:30 a.m. - 12:30 p.m.		11:30-12 Group Rm; 12-12:30 Cycle Rm RIP & RIDE (Jennifer)				
4:30 - 5:15 p.m.			CYCLING (Pauline/Doris)		4:30-5:00 Group Rm 5:00-5:30 Cycle Rm RIP & RIDE (Roxanne/Tracy)	
5:45 - 6:30 p.m.	5:30-6:15 Group Rm; 6:15-7:00 Cycle Rm SURVIVE & RIDE (Amber/Jennifer)	5:45 p.m. CYCLING (Amber)		5:45 p.m. CYCLING (Amber/Pauline)		

CLASS DESCRIPTIONS

BELLY DANCING - This class is so much fun, you won't believe it is actually exercise. Exotic dance moves that work your core, and tone the legs and arms, while enjoying the middle eastern style of movement.

CYCLING – Indoor cycling is a great workout no matter how fit, flexible or coordinated you are. There are no complicated moves to learn and you go at your own pace by controlling the resistance on your bike. You can burn as much as 500-1000 calories in a 45 minute workout! Simply hop on a bike and let your instructor guide you through an incredible ride in a group setting with energizing music.

MUSCLE MAX – An intense overall class with emphasis on all major muscle groups. You will use weights, bands and other items to melt away fat and shape your body. A must to add to your workout routine.

POWER STEP – This class is filled with energy! Cardiovascular work using the floor and the step. A great overall workout.

POWER YOGA – This class combined fitness moves such as push ups, sit ups and squats with traditional yoga postures linked together in a flowing fitness format using “user-friendly” terms for postures while avoiding chanting sometimes associated with traditional yoga practices. The class is designed to improve the health, performance, and mental acuity using a practical, user-friendly style, which is understandable and doable by all individuals.

RIP & RIDE – The first half of class you will be in the group fitness room using various equipment to push your muscles to a new level. The second half of class you will go to the cycle room and work hard for 30 minutes to burn away unwanted pounds and inches! This class is a great allover workout!

SURVIVE & RIDE – The first half of class will consist of cardiovascular, strength and plyometric drills and intervals in the group fitness room and the second half of class you will be cycling in the cycle room. You will be pushed to your max and be proud to say “I survived.”

TOTAL CONDITIONING – This new class format will shock your body and work every muscle group with a focus on intense core work. We will use Bosu balls, Gliding™ discs, weights, body bars and stability balls to get an allover body conditioning workout. This class is a must to add to your fitness routine!

ULTIMATE ABS – Get that 6 pack you have always wanted with this intense 30 minute ab workout.

ZUMBA – This class combines Latin Dance and Hip Hop with high energy and motivating music to produce combinations that allow the Zumba participants to dance away their worries!

CLASSES WITH LESS THAN 3 PARTICIPANTS ARE SUBJECT TO CANCELLATION!

30 day passes are available for purchase at the gym or at www.gymdogfitness.com

<u>GROUP FITNESS FEES:</u>	\$40 per 30 day Unlimited Classes (Special Stay in Shape Rate - \$35) \$5 for Single Group or Cycle Class	<u>GYM HOURS:</u>	Monday - Friday: 5:00 a.m. - 10:00 p.m.
			Saturday: 8:00 a.m. - 10:00 p.m.
			Sunday: 10:00 a.m. - 6:00 p.m.

Gymdog Fitness, LLC hopes you enjoy our Group Fitness Program. Our schedule, miscellaneous information and contact information can be viewed at www.gymdogfitness.com. Please let us know if you have any comments or suggestions.

Thank you.