

Gigi's Downtown Group Fitness Schedule (Jan 31st – April 24th)

Day	Time	Class	Instructor	Length	Sub
Monday	5:30am	Spin	Debbie/Ellen	45 min	
	8:15 am	Spin	Deanne	45 min	
	12:05 pm	Body Pump	Ellen	60 min	
	5:15 pm	Spin	Sister	45 min	
	6:05 pm	Body Flow	Debbie	50 min	
Tuesday	5:30 am	Body Pump	Sheilah	60 min	
	8:15 am	Pilates	Holly	45 min	
	4:30 pm	Spin	Sister	45 min	
	5:30 pm	Body Pump	Sister	60 min	
	7:00 am	Spin	Deanne	45 min	
	8:15 am	Ashtanga Yoga	Bridgette	70 min	
	12:05 pm	Body Pump	Kristen	60 min	
	5:15 pm	Spin	Sheilah	45 min	
	6:00 pm	Core/Stretch	Sheilah	30 min	
Thursday	8:15 am	Pilates	Holly	45 min	
	4:30 pm	Spin	Debbie	45 min	
	5:30 pm	Body Pump	Sarah	60 min	
Friday	5:30 am	Spin / Body Flow	Ellen	60 min	
	7:00 am	Spin	Deanne	45 min	
	8:15 am	Ashtanga Yoga	Bridgette	70 min	
	12:05 pm	Body Pump	Sister	60 min	
Saturday	8:30 am	Spin	Craig / Ellen	45 min	
	9:30 am	Body Pump	Sarah / Ellen	60 min	

Class Descriptions

SPIN- This 45-minute ride of instructor-lead indoor cycling with motivating music will increase your heart strength and endurance.

BODY PUMP- This dynamic 60-minute workout, set to fantastic music, uses weight-bearing exercises to challenge your entire body. This is an all barbell class with easy repetitive moves that offers maximum toning as well as a great calorie burner.

BODY FLOW- This tai chi, yoga, and Pilates workout will leave you feeling long, strong, centered, and calm. It's perfect for all fitness levels!

PILATES- Learn to use your core muscles to build total body strength, stability, and flexibility. This class is performed on a mat using your own body weight. **\$5**

Ashtanga Yoga - A sequence of postures utilizing synchronized breath & movement, Heat, Breath, Locks, and Gaze Points. The purpose is internal cleansing. You will build strength, flexibility, and endurance while increasing your lung capacity and cardiac efficiency.

Hours of Operation

Mon-Thur: 5am-9pm

Fri: 5am-8pm

Sat: 8am-3pm

www.gigisfitnesscenters.com

Revised 1-31-10