

Gigi's Downtown Group Fitness Schedule (Nov 20th – February 4th)

Day	Time	Class	Instructor	Length	Sub
Monday	5:30/6:00 am	Spin / CX-WORX	Ellen	60 min	
	7:00 am	Spin	Deanne	45 min	
	8:15 am	Yoga Practice	Bridgette	70 min	
	12:05 pm	Body Pump	Ellen	60 min	
	5:15 pm	Spin	Debbie	45 min	
	6:15 pm	CX-WORX	Sarah H.	30 min	
Tuesday	5:30 am	Body Pump	Sheilah	60 min	
	8:15 am	Pilates	Holly	45 min	
	12:15pm	CX-WORX	Ellen	30 min	
	4:30 pm	Spin	Sister	45 min	
	5:30 pm	Body Pump	Sister	60 min	
Wednesday	5:30 am	Spin	Sister	45 min	
	7:00 am	Spin	Ellen	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	
	6:15pm	CX-WORX	Sarah H.	30 min	
Thursday	8:15 am	Pilates	Holly	45 min	
	12:15pm	CX-WORX	Ellen	30 min	
	4:30 pm	Spin	Sarah H.	45 min	
	5:30 pm	Body Pump	Sarah H.	60 min	
Friday	5:30/6:00 am	Spin / CX-WORX	Sarah H.	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	Alternating Inst	45 min	
	9:30 am	Body Pump	Sarah A /Sarah H	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.

CX-WORX- Revolutionary Core Training is the ultimate way to get a tight and toned core. With dynamic training that hones in on your abs, glutes, back, obliques, and “slings” connecting the upper and lower body, this workout will leave you looking good and feeling strong.

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**

YOGA-A sequence of postures utilizing synchronized breath and movement. You will build strength, flexibility, and endurance while increasing your lung capacity and cardiac efficiency. **Yoga Practice** – requires 3 months experience.

Hours of Operation

Mon-Thur: 5am-9pm

Fri: 5am-7pm

Sat: 8am-1pm

www.gigisfitnesscenters.com

Revised 11-20-11

Gigi's Downtown • 709 Ryan St. • Lake Charles, LA 70601 • (337)310-5110