

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

Day	Time	Class	Instructor	Length	Sub
Monday	5:15 am	Spin	Julie	45 min	
	8:05 am	Body Step	Kristin	50 min	
	8:10 am	Spin	Chrissy	45 min	
	9:00 am	Body Pump	Sarah A.	60 min	
	10:05 am	>50 20/20	CynDee	45 min	
	12:05 pm	Reformer Definition	Debbie	45 min	
	4:30 pm	Core	Dustin	40 min	
	5:30 pm	Zumba Toning	Meghan	50 min	
	5:30 pm	Spin	Craig	45 min	
	6:30 pm	Body Flow	Sister	50 min	
Tuesday	5:15 am	Body Pump	Sarah H.	60 min	
	8:05 am	Fat Attack	Chrissy	45 min	
	9:00 am	Yoga	Debbie / Ellen	60 min	
	10:05 am	>50 Standing Strong	CynDee	45 min	
	5:30 pm	Body Step	Becky	50 min	
	5:30 pm	Spin	Cara / Jud	45 min	
	6:30 pm	MVe Chair Challenge	Ellen	50 min	
Wednesday	5:15 am	Spin	Debbie	45 min	
	6:00 am	Pilates	Debbie	50 min	
	8:05 am	Body Pump	CynDee	60 min	
	9:00 am	SH'BAM / Reformer	Alicia / Chauntel	45 min	
	9:10 am	Spin	Dustin	45 min	
	10:05 am	>50 Body Step	CynDee	45 min	
	4:30 pm	SH'BAM	Alicia / Chauntel	45 min	
	4:45 pm	Spin	Cara	45 min	
	5:25 pm	Body Pump	Colleen	60 min	
	6:30 pm	SH'BAM / Reformer	Becky	45 min	
Thursday	5:15 am	Body Pump	Ellen	60 min	
	8:05 am	Circuit City	CynDee	45 min	
	8:10 am	Spin	Julie	45 min	
	9:00 am	Pilates	Deanne	50 min	
	10:05 am	>50 Fat Attack	CynDee	45 min	
	5:30 pm	Spin	Sheilah	45 min	
	5:30 pm	Zumba	Meghan	45 min	
	6:30 pm	Body Flow	Debbie	50 min	
Friday	5:15 am	Spin	Dustin	45 min	
	8:05 am	SH'BAM	Kristin	45 min	
	8:10 am	Spin	Chrissy	45 min	
	9:00 am	Body Pump	Kristin/CynDee	60 min	
	10:05 am	>50 Aerobics	CynDee	45 min	
	12:05 pm	Reformer Definition	Ellen	45 min	
	5:30 pm	Body Pump	Sheilah	60 min	
Saturday	8:15 am	Spin	Julie/Sarah H.	45 min	
	8:15 am	Zumba / SH'Bam	Alt Inst	50 min	
	9:15 am	Body Flow	Ellen/Debbie	50 min	
Sunday	1:30 pm	Spin	Sister	45 min	
	2:30 pm	Body Pump	Sister	60 min	

Gigi's Fitness

4429 Nelson Rd
 Lake Charles, LA 70605
 (337)474-6601

www.gigisfitnesscenters.com

Hours of Operation:
 Monday-Thursday:
 5am-9pm
 Friday: 5am – 7pm
 Saturday: 8am-3pm
 Sunday: 10am-4pm

Child Care Hours

Mon-Sat Morning
 8am-12pm
 Mon-Thurs Afternoon
 4pm-7pm