

## GILROY HEALTH & FITNESS

All listings are for 1 hour, unless noted. **See the online class schedule for complete information.**

GROUP EXERCISE SCHEDULE								
	monday	tuesday	wednesday	thursday	friday	saturday	sunday	
5:30		Spinning®	Spinning®	Spinning®				5:30
8:00	Body Art	Yoga	Butts 'N Guts	Zumba	Muscle Pump	BODYPUMP™ Spinning®	Spinning® (upstairs)	8:00
9:00	Tight & Tone Shape Up 'N Spin	Stepping Up 2 & 3 Shape Up 'N Spin	Endurance Training	Multi Fit	Shape Up 'N Spin StaBALLize		Body Balance	9:00
9:15						Zumba		9:15
10:00		Power Pilates	Power Pilates	Yoga	Stretch & Flexibility			10:00
10:15	Pace Condition- ing 1 & 2							10:15
10:30						Yoga		10:30
11:00		PACE		PACE				11:00
noon	Body Blast		BODYPUMP™	Tip 2 Toe Cardio				noon
5:00	Zumba	Chisel	BODYPUMP™	Chisel				5:00
5:30	Spinning®				Spinning®			5:30
6:15	Yoga	Zumba	Boot Camp 2,3,4	Zumba				6:15
6:30		Spinning® (upstairs)	Spinning® (upstairs)	Spinning® (upstairs)				6:30
6:45	Spinning® (upstairs)							6:45
7:30	Zumba Toning	Dance Fusion	Dance Fusion	Cardio Sculpt				7:30

POOL & AQUATICS SCHEDULE								LS = one lap lane open
	monday	tuesday	wednesday	thursday	friday	saturday	sunday	

5:00	lapswim(6hr40m)	lapswim(6hr40m)	lap swim (6hr)	lap swim (7hr)				5:00
7:00					lapswim(6hr40m)	lap swim (3hr)	lap swim (6hr)	7:00
10:00								10:00
10:15								10:15
11:00						lap swim (2hr)		11:00
noon			lap swim (1hr)					noon
1:15	kids rec (4hr)	lap swim (5hr)	kids rec (4hr)	lap swim (5hr)	kids rec (4hr)	kids rec (4hr)	kids rec (4hr)	1:15
5:30					lap swim (3hr)			5:30
6:00								6:00
6:30	lap swim (3hr)	lap swim (3hr)	lap swim (3hr)	lap swim (3hr)				6:30