

# WORLD GYM FITNESS & SPORTS COMPLEX

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[www.worldgymnorwich.com](http://www.worldgymnorwich.com)

## Group Fitness Schedule

Effective February 1, 2012 thru February 29, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	All Terrain Cycling Lisa \$3 fee		All Terrain Cycling Ernie \$3 fee		All Terrain Cycling Lisa \$3 fee		
6:00 AM		Bootcamp <i>Paid Program</i> 6-7 AM	Bootcamp <i>Paid Program</i> 6-7 AM	Bootcamp <i>Paid Program</i> 6-7 AM			
7:30AM							All Terrain Cycling Ernie \$3 fee
8:00 AM	Small Group Functional Training <i>Paid Program</i> Jessica 8-9AM					Bootcamp <i>Paid Program</i> 8-9 AM	
9:00 AM	Zumba! Janet		Zumba! Janet		Body Design Helen		Yoga Carla 90 minutes 9-10:30
9:15 AM				Strength Training Janet 9:30-10:30		Cardio Interval Holly 9:15AM	
10:00AM	Body Design Helen	Sole Training Deana 90 minutes	Yoga Fusion Helen	Basic Beats Jenny 10:30AM-11AM 30 min	Sole Training Deana 90 minutes	Small Group Functional Training <i>Paid Program</i> Jessica 10:15-11:15AM	
11:00 AM	<i>SilverSneakers</i> Muscular Strength Helen		<i>SilverSneakers</i> Muscular Strength Helen	<i>SilverSneakers</i> Yoga Stretch Jenny		Small Group Functional Training <i>Paid Program</i> Jessica 11:30-12:30	
11:30 AM							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:30 PM	Strength Training Rose	Move and Muscle Up! Cathleen	Zumba! Lisa	Cardio Cuts Courtney			
5:30 PM	Sole Training Deana	Step Lisa	Cardio Interval Holly	Bump & Grind Burlesque Style Julie	Happy Hour Zumba! Gabe		
6:30 PM	Zumba! Katie	Zumba Toning Lisa	Bootcamp <i>Paid Program</i> 6:30-7:30 PM	Zumba Toning Julie			
7:30 PM	Hip Hop Advanced Katie	Pilates Helen		Yoga Fusion Helen			
<i>On the Multi Purpose Court</i>	Bootcamp <i>Paid Program</i> 6-7 PM			Bootcamp <i>Paid Program</i> 6-7 PM			
<i>On the Multi Purpose Court</i>		Zumba! 7-8 PM Bryan		Zumba! 7-8 PM Katie			

