

Galveston Health & Racquet Club Group Fitness Weekly Class Schedule

www.galvestonfitness.com

(409) 744-3651

Effective 1/1/2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m.	*Indoor Cycling Robyn	BodyPump Teri	*Indoor Cycling Robyn	BodyPump Teri	*Indoor Cycling Kim		
8:15 a.m.	Yoga Jim	Power Hour Kim	Yoga Jim	Power Hour Kim		Body Pump (9am) Amanda	
9:20 a.m.	BodyPUMP Teri		BodyPUMP Shaye		BodySculpting Shaye/Amanda	Yoga (10am) Galen	
10:30 a.m.	Body Shaping A.J.	Kickboxing A.J.	Body Shaping A.J.	Kickboxing A.J.	Body Shaping A.J.		
5:20 p.m.	BodyPUMP David		BodyPUMP David	Body Shaping(5:30p) A.J.	Kickboxing(5:30p) A.J.		
6:30 p.m.	Yoga Galen	Muscle Power Nancy	Yoga Jim	Muscle Power Nancy	Yoga Jim/Galen		
<p>Nursery Hours: Monday - Thursday 8am-11:30am & 5p-8p, Friday 8am-11am & 5p-7:30p, Saturday 8a-noon</p>							

*Indoor Cycling & Power Cycling are an additional fee of \$9.99/month

Questions or concerns: ajlacy@galvestonfitness.com

Schedule Subject to change, see front desk for updates