

Galveston Health & Racquet Club Group Fitness Weekly Class Schedule

www.galvestonfitness.com

(409) 744-3651

Effective 02/04/11

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	*Indoor Cycling <i>Robyn</i>	Body Pump <i>Teri</i>	*Indoor Cycling <i>Robyn</i>	Body Pump <i>Teri</i>	*Indoor Cycling <i>Kim</i>	8:00AM *Indoor Cycling <i>LeAnne</i>
8:15 AM	Yoga <i>Jim</i>	Cardio Salsa <i>Kim</i>	Yoga <i>Jim</i>	Zumba <i>Amanda</i>	Core & More <i>Amanda</i>	
9:00 AM						<i>Body Pump</i> <i>Amanda</i>
9:20 AM	Body Pump <i>Teri</i>	Pilates-Fusion <i>Beth</i>	Body Pump <i>Shaye</i>	Pilates-Mat <i>Beth</i>	Body Pump <i>Shaye</i>	
10:00 AM						
10:30 AM	Zumba <i>Amanda</i>	Stretching <i>Amanda</i>	Cardio Dance <i>Kim L.</i>	Cross Training <i>Kim L.</i>	Hip Hop Dance <i>Kim L.</i>	
5:30 PM	Cross Ttraining <i>Kim L.</i>	*Indoor Cycling <i>LeAnne</i>	Cross Training <i>Kim L.</i>	Step <i>A.J.</i>	Kickboxing <i>A.J.</i>	
6:30 PM	Yoga <i>Galen</i>	Muscle Power <i>Nancy</i>	Yoga <i>Jim</i>	Body Sculpting <i>A.J.</i>	Yoga <i>Jim</i>	
7:30 PM	Kickboxing <i>A.J.</i>	Zumba <i>Jackie</i>	Kickboxing <i>A.J.</i>	Zumba <i>Jackie</i>		

GYM / POOL HOURS: Monday - Thursday 5AM - 10PM • Friday 5AM - 9PM • Saturday & Sunday 8AM - 9PM

NURSERY: Mon.- Thurs. 8AM - 11:30AM & 5PM - 8:30 • Fri. 8AM - Noon & 5PM - 7:30 • Saturday 8AM - Noon

*Indoor Cycling is an additional fee of \$9.99 / month

Questions or concerns: ajlacy@galvestonfitness.com

Schedule subject to change, see front desk for updates

