



730 Main Street South
Southbury, CT 06488

phone: 203.267.1100
www.thegym.com

hours of operation

Monday – Friday:

5:30a.m. – 10:00p.m.

Saturday & Sunday:

7:00a.m. – 6:00p.m.

childwatch hours

Monday – Saturday:

8:00a.m. – 12:00p.m.

Sunday:

9:00a.m. – 12:00p.m.

*Starred classes require signup

GROUP FITNESS SCHEDULE

Effective Date: April 1st – April 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 a.m. <i>Cardio Core</i> Becky	5:30 a.m. <i>Sunrise Yoga</i> Kara	5:30 a.m. <i>Gym Cycle*</i> Kara	5:30 a.m. <i>Total Body X</i> Becky	5:30 a.m. <i>Gym Cycle*</i> Becky		
5:30 a.m. <i>Gym Cycle*</i> Denis			6:30 a.m. <i>Total Body X</i> Mary			
7:30 a.m. <i>Pilates</i> Maryann F	7:30 a.m. <i>Gym HIIT Advanced</i> Mary		7:30 a.m. <i>Mat Pilates</i> Mary Ann F	7:30 a.m. <i>Gym HIIT Advanced</i> Kyle	7:30 a.m. <i>Total Body X</i> Becky	
	8:30 a.m. <i>Gym Cycle</i> Mary R		8:30 a.m. <i>Gym Cycle</i> Mary R	8:35 a.m. <i>Zumba</i> Kate	7:30 a.m. <i>Gym Cycle</i> Jen	8:30 a.m. <i>Gym Cycle*</i> Rotate Instructors
8:30 a.m. <i>Total Body X</i> Maryann F	8:35 a.m. <i>Zumba</i> Kate	8:30 a.m. <i>Release & Renew</i> Tammy			8:30 a.m. <i>Mat Pilates</i> Mary Ann P	
9:35 a.m. <i>Gym Cycle*</i> Stephanie		9:35 a.m. <i>Gym Cycle</i> Massie	9:35 a.m. <i>Zumba</i> Kate	9:15 a.m. <i>Gym Cycle*</i> Jen	9:00 a.m. <i>Gym Cycle</i> Massiel	9:00 a.m. <i>Zumba</i> Rotate Instructors
9:35 a.m. <i>Total Body X</i> Tammy	9:35 a.m. <i>Pilates Fusion</i> Liz A.	9:35 a.m. <i>V-Barre</i> Tammy		9:35 a.m. <i>HIIT Cardio</i> Kyle	9:35 a.m. <i>Zumba</i> Brenda	
10:35 a.m. <i>V-Barre</i> Tammy	10:35 a.m. <i>Slow Flow Yoga</i> Lizzie	10:35 a.m. <i>Vinyasa Flow Yoga</i> Lizzie	10:35 a.m. <i>Gentle Yoga</i> Lizzie	10:35 a.m. <i>Slow Flow Yoga</i> Agni	10:45 a.m. <i>Power Yoga</i> Agni	11:00 a.m. <i>Power Yoga</i> Kathleen
5:00 p.m. <i>Total Body X</i> Kyle	5:30 p.m. <i>½ Hour Jump & Core</i> Kyle	5:30 p.m. <i>Zumba</i> Erika	5:00 p.m. <i>Hatha Yoga</i> Lori			
6:00 p.m. <i>Vinyasa Flow Yoga</i> Agni	6:00 p.m. <i>Power Flow Yoga</i> Kathleen		6:00 p.m. <i>Knockout Power/Conditioning</i> Kyle			
	6:30 p.m. <i>Gym Cycle*</i> Jen		6:30 p.m. <i>Gym Cycle*</i> Denis			
7:05 p.m. <i>Strength & Conditioning</i> Kyle		6:35 p.m. <i>Total Body X</i> Kyle	6:30 p.m. <i>Cardio Dance</i> Joanna			

CHANGES:
Cardio Core:
 Monday 5:30am
V- Barre:
 Monday 10:35am
Jump & Core:
 Tuesday 5:30pm