



Group Exercise: January 2012

the gym hours

Monday – Friday 5:30 am – 10:00 pm
 Saturday & Sunday 7:00 am – 6:00 pm

child watch hours

Monday – Friday 8:00 am – 12:30 pm
 Saturday & Sunday 9:00 am – 12:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35 am gym interval	5:30 am gym cycle**	5:35 am gym strength		5:30 am gym cycle**	7:15 am pedal & pump**	
8:30 am gym strength	7:15 am cardio interval	7:15 am power yin yoga	8:30 am gym strength	8:30 am zumba	8:30 am gym cycle**	8:30 am gym cycle**
8:30 am gym cycle**	8:30 am zumba	8:30 am mat pilates		8:30 am gym cycle**	8:30 am mat pilates	9:00 am zumba
9:35 am gym cycle**		9:00 am Intro to gym cycle*** 3rd Wednesday: 1/18	9:30 am gym cycle**		9:35 am zumba	10:05 am mat pilates
9:35 am gym strength	9:30 am gym cycle plus**	9:30am gym cycle**	9:35 am gym strength	9:35 am step/sculpt		
	9:35 am pilates fusion	9:35 am cardio box			Group Personal Training Gymfit Cross Training \$75 1 session per week for 6 weeks \$15 Drop in per class Tuesday 10:00am Wednesday 10:00am Saturday 10:00am	
	5:00 pm gym strength		5:00 pm pilates fusion			
6:15 pm gym cycle**	6:00 pm Intro to gym cycle*** 3rd Tuesday 1/17/11	6:15 pm pedal & pump**	6:30 pm gym strike	6:30 pm gym core yoga		
6:30 pm step/sculpt	6:30 pm gym yoga		7:30 pm gym shorts (abs)			
7:35 pm zumba		7:35 pm zumba	8:00 pm zumba			

*All classes included with membership

** Signups Required ***Intro to gym cycle 3rd Tuesday and 3rd Wednesday of each month.

730 main street south, Southbury, CT 06488 phone 203.267.1100 fax 203.267.1400 www.thegym.com