

August 2010

www.go2fithappens.com/aerobics.html

Fit Happens, Gloversville, New York 725-LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8 AM Low Burn Jen 5:15-5:45 I3 Rachel 5:45-6:15 Stretch Rachel	3 5:30 Hi-Lo Kelly 8 AM Gunz&Bunz Colleen 4:30-5:15 Steppin' Kelly 5:15- 5:30 "Ab"tastic Kelly *6:30 Karate Anthony	4 8-8:30 HI-Lo Colleen 8:30 Stretch Colleen 5:15 – 6 TKO Rachel 6– 6:15 "Ab"tastic Rachel *7:00 Karate Anthony	5 5:30 AM Hi-Lo Jen 9 AM "Ball"istic Yvonne 4:30 Yoga Pat	6 9-9:45 Steppin' Yvonne 9:45-10 "Ab"tastic Yvonne	7 8 – 8:30 I ³ Beth 8:30-9 Gunz&Bunz Beth *10:00 Karate Anthony
8	9 9- 9:30 Steppin' Yvonne 9:30 – 10 Stretch Yvonne 5:15-5:45 Boot Camp Rachel 5:45 – 6:15 Stretch Rachel	10 5:30-6:15 Hi-Lo Mandy 8 AM Gunz&Bunz Colleen 4:30-5:15 Pump 101 Kelly 5:15- 5:30 "Ab"tastic Kelly *6:30 Karate Anthony	11 8 AM Low Burn Colleen 5:15 – 6 TKO Rachel 6– 6:15 "Ab"tastic Rachel *7:00 Karate Anthony	12 5:30 AM Hi-Lo Mandy 8AM Gunz&Bunz Beth 5:00 Steppin' Beth 5:30 Pump 101 Beth	13 8– 8:45 Steppin' Beth 8:45-9 "Ab"tastic Beth	14 8 – 8:45 Boot Camp Mandy 8:45 – 9 "Ab"tastic Mandy *10:00 Karate Anthony
15	16 8 AM Low Burn Beth 5:15-5:45 I3 Rachel 5:45-6:15 Stretch Rachel	17 5:30 Hi-Lo Kelly 8 AM Gunz&Bunz Colleen 4:30-5:15 Steppin' Kelly 5:15- 5:30 "Ab"tastic Kelly *6:30 Karate Anthony	18 8-8:30 HI-Lo Colleen 8:30 Stretch Colleen 5:15 – 6 TKO Rachel 6– 6:15 "Ab"tastic Rachel *7:00 Karate Anthony	19 5:30 AM Hi-Lo Mandy 9 AM "Ball"istic Yvonne 4:30 Yoga Pat	20 8–8:45 Steppin' Laurie 8:45-9 "Ab"tastic Laurie	21 8 – 8:30 I ³ Beth 8:30-9 Gunz&Bunz Beth *10:00 Karate Anthony
22	23 9- 9:30 Steppin' Yvonne 9:30 – 10 Stretch Yvonne 5:15-5:45 Boot Camp Rachel 5:45 – 6:15 Stretch Rachel	24 5:30-6:15 Hi-Lo Mandy 8AM Gunz&Bunz Colleen 4:30-5:15 Pump 101 Kelly 5:15- 5:30 "Ab"tastic Kelly *6:30 Karate Anthony	25 8AM Low Burn Colleen 5:15 – 6 TKO Rachel 6– 6:15 "Ab"tastic Rachel *7:00 Karate Anthony	26 5:30 AM Hi-Lo Mandy 8:00 Gunz&Bunz Beth 5:00 Steppin' Jen 5:30 Pump 101 Jen	27 9– 9:45 Steppin' Yvonne 9:45-10 "Ab"tastic Yvonne	28 8 – 8:45 Boot Camp Mandy 8:45 – 9 "Ab"tastic Mandy *10:00 Karate Anthony
29	30 8 AM Low Burn Beth 5:15-5:45 I3 Jen 5:45-6:15 Stretch Jen	31 5:30 Hi-Lo Kelly 8AM Steppin' Colleen 4:30-5:15 Steppin' Kelly 5:15- 5:30 "Ab"tastic Kelly *6:30 Karate Anthony	15 minute "Ab"tastic sessions may be joined by any gym member to complement their fitness regimen	As we enter the Summer months, scheduling will be modified. Please be assured all your favorite classes will return during Fall/Winter scheduling.		Any schedule changes will be posted on the wall right outside the fitness room doors. Please check these postings to assure your satisfaction with class descriptions and instructors.

*Please note: Karate on Tuesday, Wednesday and Saturday is provide by the American Karate Studio and requires an additional fee. Schedules for both Kid and Adult classes are available at the front desk. Additional information may be obtained by contacting Anthony at (949) 922-8201