

Fitness Class Schedule & Locations

MONDAYS:

- 5:25-6:00am **Spin Cycle Class**, *Middle School pool balcony*
- 4:00-8:00pm **Hall Walking Available**, *High School halls*
- 5:20-5:50pm **HABIT(Low intensity lower body workout)**, *High School library*
- 6:00-6:45pm **Balance & Stretching**, *High School library*
- 6:00-7:00pm **Body Pump** (High intensity full body workout), *MAC*

TUESDAYS:

- 4:00-8:00pm **Hall Walking Available**, *High School halls*

WEDNESDAYS:

- 5:25-6:00am **Spin Cycle Class**, *Middle School pool balcony*
- 4:00-8:00pm **Hall Walking Available**, *High School halls*
- 6:00-7:00pm **Body Pump** (High intensity full body workout), *MAC*

THURSDAYS:

- 4:00-8:00pm **Hall Walking Available**, *High School halls*
- 4:30-5:15pm **Balance & Stretching**, *High School library(starting 11/4)*

FRIDAYS:

- 5:25-6:00am **Spin Cycle Class**, *Middle School pool balcony*
- 4:00-6:00pm **Hall Walking Available**, *High School halls*

- All classes outside of Hall Walking are \$5/day or you can purchase a punch-card for \$30 which gives you 10 total classes.
- All CGB staff are able to attend the classes for FREE starting in November, just be sure to check in at the fitness center so know you attended.
- The first week of the month will be FREE classes to anybody.
- Starting in November, we will hold a raffle every month. How you get an entry into the raffle includes:
 - Attending a class (there is no limit, you get an entry for every class you attend)
 - Bringing somebody new to a class (they get an entry and you get an extra entry)
- There will be no classes the week of Thanksgiving or Christmas.