

7/23/2008      Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

6/28/2010  
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**July drop-in schedule  
Starting July 5**

<b>Spin &amp; Resistance Training</b> 9:15 to 10:25 Cathy Taskey	<b>Choreographed Step &amp; Strength</b> 9:15 to 10:25 am Keri	<b>Functional Training Circuit</b> 9:15-10:15pm Lisa Workun	<b>Sport Step &amp; Strength</b> 9:15 to 10:25 am Kerri	<b>Spin &amp; Resistance Training</b> 9:15 to 10:25 Cathy Taskey	<b>Step &amp; Strength</b> 9:30 to 10:30 am Judy Miller
<b>Pilates</b> 10:30 to 11:25 Tania		<b>Pilates</b> 10:30 to 11:25 Tania			
<b>Cut to the Core</b> 11:35 to 11:55 am Josh/Lisa	<b>Stretch</b> 11:35 to 12:00 pm	<b>Cut to the Core</b> 11:35 to 11:55 am Josh/Lisa			<b>Spin &amp; Strength</b> 11:00 to 12:00 pm Shawnessy
<b>Sport Step &amp; Strength</b> 12:00 to 1:00pm Kerri	<b>Functional Training Circuit</b> 12:05-12:55pm Lisa	<b>Choreographed Step &amp; Strength</b> 12:00 to 1:00pm Kerri		<b>Functional Training Circuit</b> 12:05-12:55pm Lisa	
					<b>Gymnastics</b> 12:30 pm to 3:30 pm
<b>All-Age Kung Fu</b> 2:00 to 3:30 pm Mike Gubbels Sunday	<b>Gymnastics</b> 2:00 pm to 5:30 pm		<b>Gymnastics</b> 1:00 pm to 5:55 pm	<b>Gymnastics</b> 2:00pm to 6:00 pm	<b>Sport Performance</b> 3:30 pm to 6:00 pm
			<b>Spin</b> 5:05 to 5:55 pm Shawnessy Luke		
<b>Spin &amp; Strength</b> 5:30 to 6:30 pm Cathy			<b>NEW!</b> <b>ZUMBA</b> 6:00-7:00 pm Kristen		

**Register for Tai Chi, Kung Fu or Pilates and other specialty programs at Member Services or on GigaSports**

**Registered Programs**  
**Drop-in Pass**  
**ALWAYS FREE**