





GYMDOG FITNESS @ GORDON FITNESS CENTER

29607 Barnes Avenue; Fort Gordon, GA30905; 706-791-2369

www.gymdogfitness.com



FEBRUARY GORDON FITNESS SCHEDULE - **GROUP ROOM**

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
8:45-9:30 a.m.						TRX TOTAL BODY (Amber/Joe)
9:30-10:30 a.m.	ZUMBA/TONING® (Jacky P.)		ZUMBA® (Angie)	MIXXEDFIT® (Ty)	ZUMBA® (Jacky P.)	
10:00-11:00 a.m.		ZUMBA TONING® (Janice)				ZUMBA® (April)
4:30-5:30 p.m.	ZUMBA® (Janice)	CORE COMMOTION (Roxanne/Ingrid)	GLUTES & GUTS (Ammie)	ZUMBA® (Janice)	MIXXEDFIT® (Naldine)	  <p>Name: Gymdog Fitness</p>
5:30-6:30 p.m.	5:30-6:15 p.m. STRONG by Zumba® (Tiffany)	TRX TOTAL BODY (Joe)	R.I.P.P.E.D.® (Anna)	BARRE BURN (Amber/Ammie)		
6:30-7:30 p.m.	YOGA FLOW (Grace/Nancy)	ZUMBA TONING® (April)	ZUMBA® (Alfred)	YOGA FLOW (Lissett)		

FEBRUARY GORDON FITNESS SCHEDULE - **CYCLE ROOM**

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT
5:30-6:15 a.m.	CYCLING (Angela)	CYCLING (Joanna)	CYCLING (Jasmine)		CYCLING (Roxanne)	
9:30-10:15 a.m.						CYCLING (Amber/Joe)
5:30-6:15 p.m.	CYCLING (Joe/Jasmine)	5:45-6:15 p.m. TABATA CYCLE (Amber)	CYCLING (Joe/Joanna)			

GYM HOURS:	Monday - Friday: 5:00 a.m. – 9:00 p.m.
	Saturday: 8:00 a.m. - 9:00 p.m.
	Sunday: 10:00 a.m. - 6:00 p.m.

CLASS DESCRIPTIONS

BARRE BURN- This is a total body workout that will deliver incredible body-changing results. You will perform isometric movements which burn fat and sculpt muscles concentrating on hips, thighs, glutes, abdominals and arms. Barre workouts help improve balance and posture and increase physical stability and flexibility. This is a class for **all** fitness levels.

CORE COMMOTION – Participants will perform a variety of exercises that challenge their core, balance and flexibility which will improve alignment, posture, and muscle tone and will in turn improve everyday real life activities. We encourage you to see what all the "commotion" is about! This is a class for **all** fitness levels.

CYCLING – Indoor cycling is a great workout no matter how fit, flexible or coordinated you are. There are no complicated moves to learn and you go at your own pace by controlling the resistance on your bike. It is a fantastic cardiovascular workout so hop a bike and join your instructor for an incredible ride in a group setting with energizing music all while burning fat. This is a class for **all** fitness levels.

GLUTES & GUTS - Join us for this creative chiseling challenge that targets legs, glutes and core in a whole new way while focusing on the areas that we would like to flatten, tuck, tone, and lift! This is a class for **all** fitness levels.

MIXXEDFIT® - This class combines explosive movements and bootcamp toning. Dance to your favorite songs on the radio that you would dance to at a nightclub and spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you're plateauing in traditional dance fitness classes, this might be the answer to your prayers. This is a class for **all** fitness levels.

R.I.P.P.E.D.® - This total body "plateaus proof" fitness formula combines resistance, intervals, power, plyometrics, endurance and diet to help you attain and maintain your physique in ways that are fun, safe, doable and extremely effective. This is a class for **all** fitness levels.

TABATA CYCLE – This 30 minute cycling format will push your fitness level to a new high in less time and add variety to traditional cycling classes. You will perform 20 second high intensity interval drills followed by 10 second rest periods guaranteed to improve aerobic and anaerobic endurance as well as burn fat and raise your metabolic rate. What doesn't challenge you will not change you! This is a class for **all** fitness levels.

TRX TOTAL BODY - This resistance based class uses TRX straps to work all muscle groups while engaging the core to build overall strength, balance and flexibility to produce a leaner, healthier more functional body with guaranteed noticeable results. Engage all your muscles with this total-body strength conditioning workout and you will feel the benefits of this class like no other. This is a class for **intermediate** to **advanced** level participants.

STRONG by ZUMBA® - This class combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased afterburn. This is a class for **all** fitness levels.

YOGA FLOW – This format is open to all levels of practice and abilities and is especially great for beginners or those searching for the therapeutic benefits of yoga. You will strive to maintain awareness and focus on breath while moving through a series of postures. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment and will include lots of stretching and lengthening followed by relaxation to wrap up your practice and leave you feeling great. This is a class for **all** fitness levels.

ZUMBA® – This class combines Latin Dance and Hip Hop with high energy and motivating music to produce combinations that allow the Zumba® participants to dance away pounds. This is a class for **all** fitness levels.

ZUMBA® TONING – When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick) by combining targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. This is a class for **all** fitness levels.

Gymdog Fitness, LLC hopes you enjoy our Group Fitness Program. Our schedule, miscellaneous information and contact information can be

viewed at gymdogfitness.com. Please let us know if you have any comments or suggestions. Thank you.

CLASSES WITH LESS THAN 3 PARTICIPANTS ARE SUBJECT TO CANCELLATION!

