



Class Schedule: July 2010

the gym summer hours (July 9th to September 5th)

Monday – Thursday 5:30 am – 10:00 pm
 Friday 5:30 am - 8:00 pm
 Saturday & Sunday 7:00 am – 4pm

child watch hours

Monday – Friday 8 am – 12:00 pm
 Saturday & Sunday 8 am – 11 am
 Monday – Thursday 4:30 pm – 7:30 pm (reservations required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 am gym shorts	5:35 am gym cycle**		5:35 am gym cycle**		
8:30 am gym strength	8:30 am zumba	8:30 am mat pilates		8:30 am zumba	8:30 am gym cycle**	8:30 am gym cycle**
9:30 am gym strength	9:30 am gym strength	9:30am gym cycle**	9:30 am gym strength	8:30 am gym cycle**	8:30 am mat pilates	9:30 am gym foam roll
9:30 am gym cycle**	9:30 am gym cycle plus**	9:30 am cardio box	9:30 am gym cycle**	9:30 am pilates fusion	9:30 am zumba	10:00 am mat pilates
				9:30 am Intro to gym cycle*** 4 th Friday 7/30		11:00 am gym sweats
6:00 pm gym cycle**		6:30 pm gym strength		12:00 pm gym shorts (bosu)		
6:30 pm mat pilates	6:30 pm yoga	6:30 pm gym cycle**	6:30 pm gym strike			
7:00 pm gym sweats		7:30 pm zumba	7:30 pm gym shorts (abs)			

*All classes included with membership

** Signups Required ***Intro to gym cycle 4th Friday of each month

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