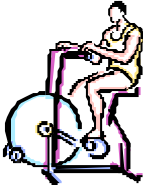



# Group Fitness Schedule 2009-2010

## Robins AFB GA

For more information contact the Fitness Center, 926-2128 or [www.robinservices.com/](http://www.robinservices.com/)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:00 AM</b>	<b>Spin</b> (Leah) <i>FIP</i>				<b>Spin</b> (Gina) <i>FIP</i>	
<b>7:00</b>	<b>Beginning Yoga</b> (Maci) Annex				<b>Abs Lab</b> (Gina) 30 min. <i>FIP</i>	
<b>9:00</b>	<b>Water Aerobics</b> (Donna)	<b>Beginners Circuit</b> (Donna)	<b>Water Aerobics</b> (Donna)	<b>Beginners Circuit</b> (Donna)	<b>Water Aerobics</b> (Donna)	<b>Step-N-Tone</b> (Maci)  <b>Spin</b> (Gina) <i>FIP</i>
<b>10:00</b>	<b>Senior Moves</b> (Donna)		<b>Senior Moves</b> (Donna)			<b>Pilates</b> (Gina) 10:15
<b>11:30</b>	<b>Body Sculpting Boot camp</b> Annex (Maci) <i>FIP</i>  <b>Spin</b> (Donna) <i>FIP</i>	<b>Spin</b> (Donna) <i>FIP</i>	<b>Spin</b> (Donna) <i>FIP</i>	<b>Spin</b> (Brandy) <i>FIP</i>	<b>Spin</b> (Brandy) <i>FIP</i>	
<b>3:00</b>	<b>PT Interval</b> (Gina) <i>FIP</i>	<b>Step/Cardio</b> Annex (Rhonda)  <b>PT Challenge</b> (Donna) <i>FIP</i>		<b>Kick-Box</b> (Rhonda) Annex  <b>PT Challenge</b> (Donna) <i>FIP</i>		
<b>4:00</b>	<b>Abs Lab</b> (Gina) 30 min. <i>FIP</i>	<b>Water Aerobics</b> (Donna) 4:15	<b>Cardio Box Interval</b> (Gina) 4:30	<b>Water Aerobics</b> (Donna) 4:15		
<b>5:00</b>	<b>Hi/Lo</b> (Rhonda)  <b>Spin</b> (April) <i>FIP</i>	<b>Step</b> (Brenda)  <b>Spin</b> (Gina) <i>FIP</i>	<b>Spin</b> (April) <i>FIP</i>  <b>Pilates</b> (Gina) 5:30	<b>Step</b> (Rhonda)  <b>Spin</b> (Gina) <i>FIP</i>		
<b>6:00 pm</b>	<b>Yoga</b> (Rhonda)			<b>Yoga</b> (Rhonda)		