






Group Fitness Schedule 2010

Robins AFB GA

For more information contact the Fitness Center, 926-2128 or www.robinservices.com/

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