



11 East Main Street Granville, NY
518.642.2550



Gemini FITNESS CLASS SCHEDULE

Mon	Tues	Wed	Thurs	Fri	Sat
Club Body Circuit Schuyler 6-7am		Club Body Circuit Schuyler 6-7am	Body Blast! <i>Aaron</i> 6-7am	Club Body Circuit Schuyler 6-7am	Body Blast! <i>Aaron</i> 8-9am
Cardio Fusion Schuyler 9-10am	<i>Sweating with the Oldies!</i> Schuyler 9-10am	Cardio Fusion Schuyler 9-10am	<i>Sweating with the Oldies!</i> Schuyler 9-10am	Cardio Fusion Schuyler 9-10am	Pilates Core <i>Aaron</i> 9-10am
	<i>Morning Yoga</i> <i>Donna</i> 10-11am		<i>Morning Yoga</i> <i>Donna</i> 10-11am		
	<i>Yoga II Ashtanga</i> <i>Kate</i> 4:00-5:30pm	Pilates Core <i>Aaron</i> 4:30-5:30pm	<i>Yoga II Ashtanga</i> <i>Kate</i> 4:00-5:30pm	Pilates Core <i>Aaron</i> 4:30-5:30pm	
Tony's Abs/Butts & Thighs.. Oh my! Tony 5:30-7:00pm	Kick'n it up! <i>Starts 9/22</i> Randy 5:30-6:30pm	"Better Than Zumba!" <i>Aaron</i> 5:30-6:30pm	Kick'n it up! Randy 5:30-6:30pm	Body Blast! <i>Aaron</i> 5:30-6:30pm	
		YOGA-FIT LORI SMALL ROOM 5:30-6:30			

← **Starts 9/30/09!**

Cardio Fusion: Schuyler- This class covers it all! Invigorating, heart-pumping, awesome toning, and strengthening moves. Suitable for all levels.

NEW!

Sweating with the Oldies: Schuyler -This is a great, low impact class great for those new to fitness or looking for a fun way to burn some calories. Great for beginners or intermediate level!!

Club Body Circuit: Schuyler - What a great class...works and tones all parts of the body along with calorie burning cardio. *All levels of fitness welcome!*

Morning Yoga: Dona- Awaken and invigorate your body. Personal attention is given to help you learn to use yoga to heal your body as well as increase your coordination, balance & strength and reduce stress.

NEW!

Kick'n It Up: Randy- Get your cardio workout and blow off steam at the same time. Kickboxing incorporates boxing moves into a challenging full body workout. Suitable for all levels

Body Blast: Aaron- A full body workout that will "Blast" calories and tone muscles with a mix of cardio and strength training Aaron style!

Tony's -Abs/Butts/Thighs OH MY!: Boot camp style mix of body sculpting, cardio, bands, weights, and isometrics to target all major muscle groups and build optimum strength.

Yoga II: Kate - A blend of Hatha/Vinyasa/Ashtanga yoga. A more athletic and challenging form of yoga with constant movement and flow. Great for preparing for athletic activities that require flexibility & strength. You will really feel the difference after this class!

PILATES Core: Aaron- Work those ABS and Lower body parts! Strengthen, Tone, and firm up all those important areas from the waist down.

"Better Than Zumba!": Aaron - If Latin music inspires you to "move it, move it..", you'll love this class! It's a feel happy workout to great music using moves to trim away the inches "Aaron's way"any level of fitness welcome!

Yoga-Fit: Lori- **Class starts 9/30/09....**

Yoga-Fit is designed to improve your overall health and fitness level. Based on the ancient science of Hatha yoga, it builds balance, strength, flexibility and power for individuals at all levels of fitness. Great class to round out your work out regime!

***Morning Yoga and Yoga II classes are premium classes.
Additional rates apply to members and
non-members unless purchased with the Gold membership plan.***

[See our Daily Rates sheet for pricing](#)