

Group Fitness

at Gruber Fitness Center

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0630					Spin	
0830						RPM
0900	Body Pump	RPM	Body Pump	RPM	Body Pump	
1000	Yoga	Yoga	Yoga	Yoga	(10:30) RPM	Spin
1130						
1600		Zumba				
1630	Bootcamp		Power Cut			
1700		Body Pump		Body Pump		
1730	RPM/Yoga		RPM			
1815		Yoga-Ballet		Zumba	Adult Tap	

AQUA AEROBICS • Monday, Wednesday, Friday 1000-1100



GRUBER FITNESS CENTER • 200 Reynolds Ave. • 684-5120
GRANT POOL

\$3.50 at the door
or purchase
10 punches for \$30.