

Gorham Fitness Studio
Class Schedule 2010
www.gorhamfitnessstudio.com

Monday 5:30am - 9pm	Tuesday 5:30pm - 9pm	Wednesday 5:30am-9pm	Thursday 5:30am - 9pm	Friday 5:30am-12pm	Saturday 9am-11:30m
6am Power Morning Bootcamp		6am Power Morning Bootcamp		6am Power Morning Bootcamp	8am Power Morning Bootcamp
9:30am Family Bootcamp Kids Yoga&Movement Booty, Core&More	9:30am Express Circuit (30mins)	9:30am Family Bootcamp Kids Yoga&Movement Booty, Core&More	9:30am Tiny Dancers	9:30 Family Bootcamp Kids Yoga&Movement Booty, Core&More	9am Family Bootcamp Kids Yoga&Movement Booty, Core&More
10:30am Low Impact Tone	9:30am Story Time	10:30am Low Impact Tone	9:30am Core Crunch		10:00am ZUMBA
10:30am-12pm OPEN PLAY		10:30am-12pm OPEN PLAY		10:30am-12pm OPEN PLAY	10:00am-11:30am OPEN PLAY
4pm Circuit Tone	12:30pm -2pm OPEN PLAY	4pm Circuit Tone	12:30pm-2pm OPEN PLAY		
4pm Kids Jump, Tumble, Roll	4pm Low Impact Tone	4pm Kids Jump, Tumble, Roll	4pm Low Impact Tone		
5pm Kettlebell	5pm-7pm OPEN PLAY	5pm Kettlebell	5pm-7pm OPEN PLAY		
5pm Kids ZumbAtomic	5:30pm Cardio Kettle Extreme	5pm Kids Sports Jam	5:30pm Cardio Kickbox		
6:30pm Booty, Core and More	6:00pm Core Crunch	6:30pm ZUMBA	6:00 Pilates		
7:30pm Men's Bootcamp	6:30pm Stretch and Relaxation	7:30pm Men's Bootcamp	6:30pm Yoga		

- = Adult Classes
- = Children's Classes

17D Railroad Ave Gorham, Maine
207-839-3353