

**Gorham Fitness Studio**  
**Class Schedule 2010**  
[www.gorhamfitnessstudio.com](http://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 <b>Kids Yoga&amp;Movement</b> Booty, Core&More	9:30am Express Circuit (30mins)	9:30am Family Bootcamp <b>Kids Yoga&amp;Movement</b> Booty, Core&More	<b>9:30am</b> <b>Tiny Dancers</b>	9:30 Family Bootcamp <b>Kids Yoga&amp;Movement</b> Booty, Core&More	9am Family Bootcamp <b>Kids Yoga&amp;Movement</b> Booty, Core&More
10:30am Low Impact Tone	<b>9:30am</b> <b>Story Time</b>	10:30am Low Impact Tone	9:30am Core Crunch		10:00am ZUMBA
4pm Circuit Tone		4pm Circuit Tone			
<b>4pm</b> <b>Kids Jump, Tumble, Roll</b>	4pm Low Impact Tone	<b>4pm</b> <b>Kids Jump, Tumble, Roll</b>	4pm Low Impact Tone		
5pm Kettlebell	<b>5pm-7pm</b> <b>OPEN PLAY</b>	5pm Kettlebell	<b>5pm-7pm</b> <b>OPEN PLAY</b>		
<b>5pm</b> <b>Kids ZumbAtomic</b>	5:30pm Cardio Kettle Extreme	<b>5pm</b> <b>Kids Sports Jam</b>	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  
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