


GROUP EXER-TAINMENT SCHEDULE—FITCHBURG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am Steve 	5:30am Julie Q. 		5:30am Barbara 			
<u>Updated July 21, 2010</u>					8:00am Debbie 	8:00am Lisa 
9:15am Erin 	9:15am Julie 	9:15am John 	9:15am Jeff 	9:15am Mandy 	9:15am Joanne 	9:15am Paula 
10:30am Julie Q. 	10:30am Julie Q. 	10:30am Pam 	10:30am Janet 	10:30am Lisa 		
 www.globalfitnesscenter.com					<p>Childcare Please see ChildWatch brochure for information</p> <p>CLUB HOURS Mon-Thurs 5:00am—10:00pm Friday 5:00am—9:00pm Sat & Sun 7:00am—7:00pm</p>	
4:30pm Jeff 	4:30pm Paula 	4:30pm Karen P. 	4:30pm Natalie 	4:30pm Barbara 		
5:30pm Stacia 	5:30pm Barbara 	5:30pm Debbie 	5:30pm Mandy 	5:30pm Lisa 		
6:30pm Jocelyn 	6:30pm Javier 	6:30pm Janet 	6:30pm Julie Q. 			
		7:30pm Travis 				

Global Fitness Center
37 Horseshoe Park Drive
Fitchburg, Ma 01420
978-345-5550





Fitchburg Group Ride Schedule

Ride On!



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am <i>Brenda</i>		5:30am <i>Erin</i>		5:30am <i>Leah</i>		
	9:15am <i>Kris</i>		9:15am <i>Stacey</i>	9:15am <i>Margie</i>	8:00am <i>Steph</i>	8:00am <i>Gary</i>
5:30pm <i>Amy</i>	5:30pm <i>Steph</i>	5:30pm <i>Leah</i>	5:30pm <i>Karri</i>			

- Hand Towel and Water **Required** for all classes
- Call ahead to reserve your bike 978-345-5550
- All bikes equipped with clipless pedals
- **All Levels Encouraged!!**

Class Descriptions



Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, **Group Power®** is for all ages and fitness levels. Discover results, discover **Group Power®**!



Group Kick® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! **Group Kick®** will knock you out!



Redefine your self with **Group Centergy®**. Grow longer and stronger as you explore this 60 minute journey of yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover **Group Centergy®**.



Discover new heights with **Group Step®**! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with **Group Step®**.



Everyone finishes first in **Group Ride®**! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you **Ride On!**



If you can move, you can *Groove*. You'll stomp, flick, wiggle, jiggle, hip, hop, snap, shimmy, shake, slide, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you *Get A Move On!* with **Group Groove®**.



Activate Your Life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, **Group Active®** will increase your cardio fitness, build your strength and improve your balance and flexibility, all in a supportive group environment, with motivating music and caring instructors. Get more out of life, **Get Active!**

