

**GOVERNORS TOWNE CLUB**  
**FITNESS SCHEDULE**

<b>TIME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>5:00 AM</b>	GROUP BOOT CAMP 60 MINUTES <u>COACH DON</u>	GROUP INTERVAL TRAINING 60 MINUTES <u>COACH DON</u>	GROUP BOOT CAMP 60 MINUTES <u>COACH DON</u>	GROUP INTERVAL TRAINING 60 MINUTES <u>COACH DON</u>	GROUP INTERVAL TRAINING 60 MINUTES <u>COACH DON</u>	
<b>7:00 AM</b>						GROUP BOOT CAMP 60 MINUTES <u>COACH DON</u>
<b>7:30 AM</b>		STRENGTH EXPRESS 30 MINUTES <u>JENN</u>				
<b>8:00 AM</b>		CARDIO CYCLE 30 MINUTES <u>JENN</u>				
<b>8:30 AM</b>	STRENGTH TRAINING 60 MINUTES <u>SARAH</u>	CORE STABILITY & FLEXIBILITY 30 MINUTES <u>JENN</u>	GROUP INTERVAL TRAINING 60 MINUTES <u>CINDY</u>		GROUP INTERVAL TRAINING 60 MINUTES <u>CINDY</u>	
<b>9:40 AM</b>			STRENGTH & FLEXIBILITY 35 MINUTES <u>CINDY</u>			
<b>6:30 PM</b>	YOGA 60 MINUTES <u>BETH</u>		YOGA 60 MINUTES <u>BETH</u>			

\*\*SCHEDULE SUBJECT TO CHANGE. NOTICE WILL BE SENT VIA EMAIL AS CHANGES ARE MADE\*\*