

GYM HOURS:
 Mon.-Thurs 4:30am-8:30pm
 Friday 4:30am-7:00pm
 Sat-Sun 7:00m-3:00pm



746 Main Street
 Lewiston, ME 04240

207-689-3145
www.thegymlewiston.com

Schedule Start Date: 10/30/17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	HIIT It Kayla/GR	Cycle Allie/C	Shred207 Michelle/GR	Cycle Allie/C			
8:30am	Cycle Nicole/C	Total Body Challenge Nancy/GR	Rock out Cycle Nancy/C		Cycle Kelley/C 9:30am ABS-N-Core/GR	T.N.T Lin/GR	Instructor Choice Rotation/GR
9:15am	Fired Up Michelle/GR		Power Flex Kelley/GR				
9:45am		Yoga/ Foundations Nancy/GR					
10:00am				Vinyassa Yoga Nancy/GR			
10:30am	Active Aging Nicole/GR						
4:30pm	Step Deb/GR			Basic Step Lin/GR			
5:00pm		30Min HIIT Allie/GR	Zumba Cynthia/GR				
5:30pm	Monday Madness Ian-GR Cycle Deb/C	30Min Sculpt and Stretch Allie/GR	Cycle Deb/C	Sculpt and Sweat Ian/GR			*C-Cycle room
6:30pm		Oula Dance Fitness Desiree/GR	Yoga/Relax and Restore (11/15-12/20 Nancy/GR				*GR-Great room