

CALENDAR OF DROP-IN CLASSES - OCTOBER 2008

Bookcliff Activity Center • 540 1/2 29 1/4 Road
www.gjcity.org • 254-3866

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30 - 9:00 am		Sit and Be Fit	Yogalates (starts 10/7)	Gentle Yoga	Yogalates (starts 10/9)			
9:00 - 9:30 am								
9:30 - 10:00 am		Colors & Shapes		Alphabet Express	Pilates (ends 10/9)	Science Sense		
10:00 - 10:30 am								
10:30 - 11:00 am			Music & Movement	Sit & Be Fit				
11:00 - 11:30 am								
11:30am - 12:00pm							CLOSED	
12:00 - 12:30 pm				Cardio Sculpt		Core Conditioning		
12:30 - 1:00 pm								
1:00 - 1:30 pm	Drop-in Sports/Table Tennis							
1:30 - 2:00 pm								
2:00 - 2:30 pm		RAP Grades 6-8 2:40 - 5:30 pm						
2:30 - 3:00 pm								
3:00 - 3:30 pm								
3:30 - 4:00 pm								
4:00 - 4:30 pm								
4:30 - 5:00 pm								
5:00 - 5:30 pm								
5:30 - 6:00 pm		Cardio Sculpt	Yoga	Body Sculpt	Drop-in Sports			
6:00 - 6:30 pm								
6:30 - 7:00 pm								
7:00 - 7:30 pm								
7:30 - 8:00 pm			Drop-in Sports					
8:00 - 8:30 pm								
8:30 - 9:00 pm								

Daily Drop-In Fee is \$4 or buy a 12-Punch Card for \$36