

SPORTS & CONDITIONING

Sports and Conditioning Calendar, Session 7: updated 10/27/2008

The Good Samaritan Health and Wellness Center offers over 70 ongoing group exercise classes a week, included with membership. Some classes and programs, but not all, require registration and/or a fee. Visit us on the web at www.advocatehealth.com,goodsam/wellness, [Event Calendar](#) link for class descriptions and registration information. **To register online**, go to the [Event Calendar](#) listing of the first day of the class and click on REGISTRATION. The Fall Group Exercise schedules begin September 7. **SESSION 7 programs** run between Sunday, November 9 and Saturday, December 20. **Registration required (RR)** classes usually follow the session calendar; are free to GSHWC Members, but require registration. **Fee-based (\$\$)** classes require an additional fee *and* registration. **Both (RR) and (\$\$) classes** are available to non-members with registration and fee. Refer to descriptions for exact fees and registration information. **Note: This is a screen print of November 9 to 15. All classes and programs are subject to change; please refer to the online Event Calendar for up-to-date information.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	<p>10 (\$\$) Running Club with Michelle T6-6:45AM</p> <p>(\$\$) Boot Camp with Bruce REGISTRATION \$120/\$90 B6-6:45AM</p> <p>(\$\$) Basic Training 101 with Bruce REGISTRATION \$120/\$90 B7-7:45AM</p> <p>(\$\$) Shape Up with Ami REGISTRATION \$360/\$240 T9-10AM</p> <p>(\$\$) Shape Up with Ami REGISTRATION \$360/\$240 T4:15-5:15PM</p> <p>(\$\$) Boot Camp with Steve REGISTRATION \$120/\$90 B5:30-6:15PM</p> <p>(\$\$) Walking Club with Jenylle REGISTRATION \$40/\$20 T6-7PM</p> <p>(\$\$) Bridal Fitness Xtreme with Jenylle T7-7:45PM</p>	<p>11 (\$\$) Master Swim Club with Kristen L5:30-6:30AM</p> <p>(\$\$) Shape Up with Ami REGISTRATION \$360/\$240 T9-10AM</p> <p>(\$\$) Kettlebell with Jeff REGISTRATION \$360/\$240 T5:30-6:30PM</p> <p>(\$\$) Shape Up with Ami REGISTRATION \$360/\$240 T6-7PM</p> <p>(\$\$) Bridal Fitness Xtreme with Darah T7-7:45PM</p> <p>Women's First Swim with MaxMultisport Coaches L7:30-8:45PM</p>	<p>12 (\$\$) Boot Camp with Bruce B6-6:45AM</p> <p>(\$\$) Basic Training 101 with Bruce B7-7:45AM</p> <p>(\$\$) Shape Up with Ami T9-10AM</p> <p>(\$\$) Shape Up with Ami T4:15-5:15PM</p> <p>(\$\$) Boot Camp with Steve B5:30-6:15PM</p> <p>(\$\$) Running Club with Jenylle L7-8PM</p>	<p>13 (\$\$) Shape Up with Ami T9-10AM</p> <p>(\$\$) Kettlebell with Jeff T5:30-6:30PM</p> <p>(\$\$) Boot Camp with Steve B5:30-6:15PM</p> <p>(\$\$) Shape Up with Ami T6-7PM</p> <p>(\$\$) Bridal Fitness Xtreme with Darah T7-7:45PM</p> <p>(\$\$) Master Swim Club with Janelle L7:30-8:30PM</p>	<p>14 (\$\$) Boot Camp with Bruce B6-6:45AM</p> <p>(\$\$) Basic Training 101 with Bruce B7-7:45AM</p>	<p>15 (\$\$) Master Swim Club with Janelle L7-8AM</p>

A Studio A B Studio B C Studio C D Studio D BB Basketball Court FF Fitness Floor T Track KK Kids Korner

L Lap Pool W Warm Water Pool LW Lap & Warm Pool SE Special Event EL Education/Lecture SP Special Pops Area DE Demo Exercise/Fitness