

GOLDEN DOOR

DAKOTA MOUNTAIN LODGE

ONE RESORT CLASS IS OFFERED COMPLIMENTARY EACH DAY. ALL OTHER CLASSES ARE \$15 EACH. PLEASE CHECK-IN WITH SPA CONCIERGE 5-10 MINUTES PRIOR TO CLASS

Class Time	Group Fitness Schedule November 2009						
	Sunday 1-Nov	Monday 2-Nov	Tuesday 3-Nov	Wednesday 4-Nov	Thursday 5-Nov	Friday 6-Nov	Saturday 7-Nov
6am			Kinesis Circuit (Mbr) / Gardie		Core Connection: Crunch (Mbr) / Gardie		
8:30am				Re-Cycle, Gear 2 (Mbr) / Scott		Re-Cycle, Gear 2 (Mbr) / Connie	Re-Cycle, Gear 2 (Mbr) / Jaada
8:30am				Re-Cycle, Gear 2 (Resort) / Scott			
9:30am	Re-Cycle, Gear 1 (Mbr) / Scott	Kinesis Yoga (Mbr) / Jaada	Zumba (Mbr) / Jaada	Kinesis Trunk Train (Mbr) / Connie	Cardio Slam (Mbr) / Jaada	Kinesis Circuit (Mbr) / Jaada	Zumba (Mbr) / Jaada
9:30am	Re-Cycle, Gear 1 (Resort) / Scott		Zumba (Resort) / Jaada		Cardio Slam (Resort) / Jaada		Zumba (Resort) / Jaada
10:30am		Circuit City (Mbr) / Jaada	Yoga Push (Mbr) / Jaada			Yoga Mellow (Mbr) / Jaada	
10:30am		Circuit City (Resort) / Jaada				Yoga Mellow (Resort) / Jaada	
5pm						Zumba (Mbr) / Jaada	
5:30pm		Re-Cycle, Gear 2 (Mbr) / Scott			Re-Cycle, Gear 1 (Mbr) / Scott		
Sunday 8-Nov	Monday 9-Nov	Tuesday 10-Nov	Wednesday 11-Nov	Thursday 12-Nov	Friday 13-Nov	Saturday 14-Nov	
6am		Circuit City(Mbr) / Gardie		Re-Cycle, Gear 1 (Mbr) / Gardie			
8:30am	Re-Cycle, Gear 2 (Mbr) / Connie		Re-Cycle, Gear 2 (Mbr) / Scott			Re-Cycle, Gear 1 (Mbr) / Scott	
8:30am			Re-Cycle, Gear 2 (Resort) / Scott			Re-Cycle, Gear 2 (Resort) / Scott	
9:30am	Circuit City (Mbr) / Jaada	Kinesis Circuit (Mbr) / Jaada	Core Connection: Crunch (Mbr) / Jaada	Circuit City (Mbr) / Connie	Circuit City (Mbr) / Jaada	RE-Cycle, Gear 2 (Mbr) / Jaada	
9:30am	Circuit City (Resort) / Jaada		Core Connection: Crunch (Resort) / Jaada		Circuit City (Resort) / Jaada		
10:30am	Kinesis Yoga (Mbr) / Jaada	Yoga Push (Mbr) / Jaada	Kinesis Circuit (Mbr) / Jaada			Core Connection: Roll (Mbr) / Jaada	
10:30am		Yoga Push (Resort) / Jaada				Core Connection: Roll (Resort) / Jaada	
5:30pm		Re-Cycle, Gear 2 (Mbr) / Scott			Re-Cycle, Gear 1 (Mbr) / Scott		
Sunday 15-Nov	Monday 16-Nov	Tuesday 17-Nov	Wednesday 18-Nov	Thursday 19-Nov	Friday 20-Nov	Saturday 21-Nov	
6am		Re-Cycle, Gear 2 (Mbr) / Gardie		Kinesis Circuit (Mbr) / Gardie			
8:30am	Kinesis Circuit (Mbr) / Connie		Re-Cycle, Gear 2 (Mbr) / Connie		Re-Cycle, Gear 1 (Mbr) / Connie	Circuit City (Mbr) / Jaada	
8:30am			Re-Cycle, Gear 2 (Resort) / Connie			Circuit City (Resort) / Jaada	
9:30am	Re-Cycle, Gear 1 (Mbr) / Scott	Circuit City (Mbr) / Jaada	Kinesis Kick It (Mbr) / Jaada	Re-Cycle, Gear 2 (Mbr) / Jaada	Cardio Slam (Mbr) / Jaada	Yoga Mellow (Mbr) / Jaada	
9:30am	Re-Cycle, Gear 1 (Resort) / Scott	Circuit City (Resort) / Jaada			Cardio Slam (Resort) / Jaada		
10:30am		Zumba (Mbr) / Jaada	Core Connection: Roll (Mbr) / Jaada	Yoga Push (Mbr) / Jaada	Kinesis Yoga (Mbr) / Jaada		
10:30am			Core Connection: Roll (Resort) / Jaada	Yoga Push (Resort) / Jaada			
5pm					Zumba (Mbr) / Jaada		
5:30pm		Re-Cycle, Gear 2 (Mbr) / Scott					
Sunday 22-Nov	Monday 23-Nov	Tuesday 24-Nov	Wednesday 25-Nov	Thursday 26-Nov	Friday 27-Nov	Saturday 28-Nov	
6am		Core Connection: Crunch (Mbr) / Gardie		<i>Thanksgiving Day</i>			
8:30am	Re-Cycle, Gear 1 (Mbr) / Connie		Re-Cycle, Gear 2 (Mbr) / Connie	Circuit City (Mbr) / Gardie	Zumba (Mbr) / Jaada	Circuit City (Mbr) / Connie	
8:30am			Re-Cycle, Gear 2 (Resort) / Connie	Circuit City (Resort) / Gardie		Circuit City (Resort) / Connie	
9:30am	Zumba (Mbr) / Jaada	Cardio Slam (Mbr) / Jaada	Circuit City (Mbr) / Jaada		Kinesis Circuit (Mbr) / Jaada		
9:30am	Zumba (Resort) / Jaada	Cardio Slam (Resort) / Jaada	Circuit City (Resort) / Jaada		Kinesis Circuit (Resort) / Jaada		
10:30am	Yoga Push (Mbr) / Jaada	Core Connection: Roll (Mbr) / Jaada	Kinesis Yoga (Mbr) / Jaada				
Sunday 29-Nov	Monday 30-Nov	Tuesday 1-Dec	Wednesday 2-Dec	Thursday 3-Dec	Friday 4-Dec	Saturday 5-Dec	
6am		Kinesis Circuit (Mbr) / Gardie		Core Connection: Crunch (Mbr) / Gardie			
8:30am	Kinesis Trunk Train (Mbr) / Connie		Re-Cycle, Gear 2 (Mbr) / Scott		Re-Cycle, Gear 2 (Mbr) / Connie	Re-Cycle, Gear 2 (Mbr) / Jaada	
8:30am			Re-Cycle, Gear 2 (Resort) / Scott				
9:30am	Re-Cycle, Gear 1 (Mbr) / Connie	Circuit City (Mbr) / Jaada	Cardio Slam (Mbr) / Jaada	Kinesis Circuit (Mbr) / Connie	Zumba (Mbr) / Jaada	Kinesis Kick It (Mbr) / Jaada	
9:30am	Re-Cycle, Gear 1 (Resort) / Connie	Circuit City (Resort) / Jaada	Cardio Slam (Resort) / Jaada		Zumba (Resort) / Jaada	Zumba (Resort) / Jaada	
10:30am		Kinesis Yoga (Mbr) / Jaada	Core Connection: Crunch (Mbr) / Jaada			Yoga Push (Mbr) / Jaada	
10:30am						Yoga Push (Resort) / Jaada	
5pm					Zumba (Mbr) / Jaada		
5:30pm				Re-Cycle, Gear 1 (Mbr) / Scott			

Members may take Resort Classes as long as there is space available ~ Sign up for Kinesis and RE-Cycle Classes is allowed the day prior to scheduled class
Schedule subject to change.