



Back to School Gravity Schedule
 Gravity @ King George Family YMCA
 August 12th - October 31st

10545 Kings Highway
 King George, VA 22485
 540-775-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	GRAVITY Trans:Form Emily D 5:45am - 6:30am		GRAVITY Tru:Form Emily D 5:45am - 6:30am		GRAVITY Tru:Form Emily D 5:45am - 6:30am		
7am					GRAVITY Tru:Form Millie W 7am - 7:45am		
8am	GRAVITY Tru:Form Millie W 8am - 8:45am	GRAVITY Tru:Form Andrea L. 8am - 8:45am	GRAVITY Tru:Form Andrea L. 8am - 8:45am	GRAVITY Tru:Form Andrea L. 8am - 8:45am	GRAVITY Trans:Form Millie W 8am - 8:45am	GRAVITY Trans:Form Stephanie K. 8am - 8:45am	
9am	GRAVITY Tru:Form Diana S 9am - 9:45am	GRAVITY Tru:Form Vickie L. 9am - 9:45am	GRAVITY Trans:Form Andrea L. 9am - 9:45am	GRAVITY Trans:Form Vickie L. 9am - 9:45am	GRAVITY Tru:Form Andrea L. 9am - 9:45am	GRAVITY Tru:Form Diana S 9am - 9:45am	
10am	GRAVITY Tru:Form Andrea L. 10am - 10:45am	GRAVITY Trans:Form Vickie L. 10am - 10:45am	GRAVITY Tru:Form Andrea L. 10am - 10:45am	GRAVITY Tru:Form Vickie L. 10am - 10:45am	GRAVITY Tru:Form Andrea L. 10am - 10:45am		
5pm	GRAVITY Tru:Form Stephanie K. 5:30pm - 6:15pm		GRAVITY Tru:Form Amanda C 5:30pm - 6:15pm				
6pm	GRAVITY Trans:Form Amy C. 6:30pm - 7:15pm	GRAVITY Tru:Form Andrea L. 6pm - 6:45pm	GRAVITY Trans:Form Emily D 6:30pm - 7:15pm	GRAVITY Trans:Form Andrea L. 6pm - 6:45pm			
7pm		GRAVITY Trans:Form Andrea L. 7pm - 7:45pm		GRAVITY Tru:Form Andrea L. 7pm - 7:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.