

## GFC CLASS SCHEDULE ++++ FALL/2020 + WINTER/ 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:15am RPM SPINNING ++ Rm A-2		5:30-6:15am RPM SPINNING ++ Rm A-2		
8-9am RPM SPINNING++ Rm A-2	8-9 am ENERGIZE Rm A-1		8-9am ENERGIZE Rm A-1	8-8:45am SilverSneakers ® CIRCUIT Rm A-1		8-9am RPM SPINNING++ Rm A-2
	9:45-10:45am SilverSneakers ® CLASSIC Rm A-1	9-9:45am SilverSneakers ® CIRCUIT Rm A-1	9:45-10:45am SilverSneakers ® CLASSIC Rm A-1	9-9:45am SilverSneakers ® YOGA Rm A-1	9:45-10:45am SilverSneakers ® CLASSIC Rm A-1	8:30-9:30am TOTAL BODY STRENGTH
	GERI-FIT 1:15-2pm Rm A-1	10-10:45am SENIOR-FIT Rm A-1 (Silver+Fit eligible) (2021)	GERI-FIT 1:15-2pm Rm A-1	10-11am SENIOR-FIT Rm A-1 (Silver + Fit eligible) (2021)		
		11-11:45am SilverSneakers ® YOGA Rm A-1				
		GERI-FIT 2:30-3:15PM Rm 1-A (Start 11/3/20)		GERI-FIT 2:30 -3:15pm Rm 1-A (Start 11/3/20)		
	5:30 – 6:15pm RPM Spinning ++ Rm A-2		5:30-6:15pm RPM SPINNING ++ Rm A-2			
	6-7pm TOTAL BODY STRENGTH Rm A-1	6-6:45pm H.I.I.T. EXPRESS	6-7pm TOTAL BODY STRENGTH Rm A-1	6-6:45pm MUSCLE ENDURANCE		
		6-7pm PILATES/FUSION ++ Rm A-1				

Aerobic Room 1 – main classroom

Aerobic Room 2 – center classroom

++ Indicates additional fee

**PLEASE NOTE:** Instructor substitutions or class cancellations or time changes may occur with minimal advanced notice

## **CLASS DESCRIPTIONS: (INCLUDED IN BASIC MEMBERSHIP FEE)**

**H.I.I.T EXPRESS** – (High Intensity Interval Training) This form of interval training, alternates short periods of anaerobic exercise with less intense periods of recovery. These short, intense workouts improve athletic capacity, (ie running), overall conditioning ,and improve fat metabolism. Forty-five minutes is all it takes!! (not recommended for beginners)

**MUSCLE ENDURANCE**- Are you ready for some muscle? This 50 minute class format will improve stamina, muscle tone, strength, and can be used as a supplement to any cardiovascular program. Upper body, core, butts, legs are worked to the max to achieve better muscle definition. Add cardio classes to burn fat and calories, and you have the perfect workouts. For all levels of fitness.

**SENIOR-FIT:** This 60 min., bi-weekly class, is offered for the mature adult, (50+) Emphasis is placed on improving well-being, flexibility, & joint range of motion. This class will help to reduce the factors leading to heart disease, diabetes, and arthritis. **(Silver+Fit and SilverSneakers eligible)**

**ENER-GIZE:** Early risers this class is for you! 60 minutes of cardio, weight training and core work using all the tools. **( SilverSneakers and Silver & Fit eligible)**

**TOTAL BODY STRENGTH** : STRONGER starts here! Total body workout for every fitness level. You will leave feeling motivated and ready for more. Great music, awesome instructors, and your choice of weight will inspire you to get the results you came for.

**GERI-FIT-** 45 minute evidence based strength training class for older adults. Most exercises are performed seated in chairs with light handheld weights. Work out at your own pace. Enrollment is **free**, and open to men and women 55+ of all fitness levels. Classes are taught by a certified instructor.

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## **SPECIALITY CLASSES: (additional fee)**

**RPM SPINNING** -- "Rapid Pedal Movement" says it all! This action-packed indoor cycling class utilizes established training techniques to improve power, strength and endurance. Stretching & flexibility moves round out this class.

**PILATES/FUSION** – Mat-based Pilates class with a twist. One hour of signature Pilates core exercises on the mat, incorporating a variety of tools. (weights, balls, tubes, bands, etc.) Step up to the challenge—enjoy the results!!

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**SilverSneakers Programs:** These classes and use of the fitness center is available free of charge to medicare-eligible members, ( 65 yrs. or older), who have medical insurance that is eligible for the program. Ask about eligibility.

**SilverSneakers CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. (60 min)

**SilverSneakers YOGA:** SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (45 min.) (Silver & Fit eligible)

**SilverSneakers Circuit**—Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact choreography. A chair is used for support, stretching and relaxation exercises. (45 min)

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**SILVER + FIT MEMBERS :** *Senior-Fit, plus SilverSneakers Yoga classes and use of the facility are available to medicare-eligible individuals who have medical insurance that is eligible for the program. (Ask staff about eligibility)*