

GFC CLASS SCHEDULE ++++ FALL-WINTER 2018- 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:15am HIIT EXPRESS Rm A-1		5:30-6:15am WEIGHTS 101 Rm. A-1			
		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	8:30-9:30 am CARDIO/STEP Rm A-1		8:30-9:30am INTERV/STRENGTH Rm A-1	8-8:45am SilverSneakers® CIRCUIT	8:30-9:30am TOTAL BODY CONDITIONING Rm A-1	8-9am RPM SPINNING++ Rm A-2
	9:45-10:45am SilverSneakers® CLASSIC	9-9:45am SilverSneakers® CIRCUIT	9:45-10:45am SilverSneakers® CLASSIC	9-9:45am SilverSneakers® YOGA	9:45-10:45am SilverSneakers® CLASSIC	8-9am INSTRUCTORS CHOICE Rm A-1
		10-11am SENIOR-FIT Rm A-1 (Silver+Fit eligible)		10-11am SENIOR-FIT Rm A-1 (Silver + Fit eligible)		
		11-11:45am SilverSneakers® YOGA				
	5:30 – 6:15pm RPM Spinning ++ Rm A-2		5:30-6:15pm RPM SPINNING ++ Rm A-2			
		6-6:45pm H.I.I.T. EXPRESS Rm A-1		6-6:45pm MUSCLE ENDURANCE		
		6:30-7:30pm PILATES/FUSION ++ Rm A-2				

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)

CARDIO/STEP- Easy to follow but exciting step combinations plus strength conditioning & sculpting exercises to tone all those problem areas. (60 min)

INTERVAL/STRENGTH- Hi-Lo class for the aerobic enthusiast. Progressive movement utilizing entire body. BONUS—Work core, upper & lower body for strength and toning with use of wts., bodybars, stability balls, and exertubes. (60 min)

INSTRUCTOR'S CHOICE – A perfect way to round out the week. Join our instructor on Saturday morning for a different workout every week. Included in this class are sculpting exercises to work the abs, butt, thighs, and upper body (60 min. Sat. am)

TOTAL BODY CONDITIONING – Body sculpting class with more pizzazz that will increase your metabolism and cardiovascular capacity using weighted bodybars, free weights, resistance tubing and stability balls to define and tone your entire body. (60 min)

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)

WEIGHTS 101: Back to basics weight training done in circuit format. Use of weights, tubes, balls, etc. for allover body workout. (45 min)

MEGA-MIX: Get ready for Balls, Bars and Bands. Fast-paced 45min strength training/interval training class, interspersed with cardio. Great for all levels of fitness.

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.

P90-X- This full body strength training class features unique blocks: Cardio X, Lower strength, Upper strength and X Core. Class can be modified to suit all fitness levels.

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 eligible**)

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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!!

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.)

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)

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