

2010 Group Fitness Schedule

For pool classes please see Blue Aquatics flier

Kids Corner
Mon-Fri. 8:30am-8:30pm
Sat. 8:00am-6:00pm
Sun. 9:00am-6:00pm

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
STUDIO 1	5:45am	Muscle Pump Int. - Sue Ann	5:45am	Cardio Strength Darrell	5:45am	Muscle Pump Sue Ann	5:45am	Boot Camp Darrell	5:45am	Muscle Pump Sue Ann				
	8:00am	ZUMBA® Noell	8:00am	Muscle Pump Dawn					8:00am	ZUMBA® Noell	8:00am	ZUMBA® See GF Board	9:00am	Boot Camp (90) Kim
	9:15am	Muscle Pump Int - Beth	9:15am	Step Blast Dawn	9:15am	CardioKick w/abs Pam	9:15am	ZUMBA® See GF Board	9:15am	Muscle Pump Int - Beth	9:15am	Cardio Strength Adriane	Schedule subject to change. Please watch GF board for Holiday Schedules	
	10:30am	*Low Impact or Zumba Gold w/wts - Beth			10:30am	*Step & Sculpt Dawnette	10:15am	ZUMBA 101 1st Thur of the month	10:30am	*Low Impact w/wts Dawnette	10:30am	*Zumba Gold(45) Anita/Bess		
	4:30pm	Muscle Pump Int - Kim or Adriane	5:30pm	ZUMBA® Beth/Carey	5:00pm	Boot Camp(75) Kim	4:45pm	ZUMBA® Dawn/Tiffany	5:30pm	Muscle Pump Int - Sue Ann				
	6:00pm	Step Blast Dawn/Dawnette	6:30pm	Muscle Pump Sue Ann	6:30pm	ZUMBA® Mandy/Pamela	6:00pm	Step n' Pump Dawn	6:30pm	Core Power(30) Sue Ann				
STUDIO 2	6:45am	Mat Pilates Jodi									8:00am	Power Matwork Shirley	*Punch Card Class ^ Sign-up Required for INCLINE & cycling classes **\$3.00 drop in or \$12/month unlimited for GAC Cycling	
	9:00am	Mat Pilates Maggie			9:00am	Mat Pilates Mary Yana			9:00am	Mat Pilates Maggie	9:00am	Pilates on the Ball - Bess		
	10:00am	Vinyasa Yoga Jen C.	10:30am	*HB Yoga (75) Dawnette			10:30am	*HB Yoga(75) Dawnette	10:00am	Vinyasa Yoga LeAnn	10:00am	Vinyasa Yoga LeAnn		
	5:30pm	HB Yoga (75) Tom	5:00pm	Pilates for a Strong Back Shirley	4:30pm	Mat Pilates Geri								
	6:45pm	Vinyasa Yoga Tom	6:45pm	Mat Pilates Jodi	5:30pm	Vinyasa Yoga Leslie								
STUDIO 3					5:30am	**GAC Cycling Heather			5:30am	**GAC Cycling Heather			All classes are 60 minutes unless noted. (15)=15 min. class (30)=30 min. class (45)=45 min. class (75)=75 min. class	
	9:00am	**GAC Cycling Harry	9:00am	*Cardio Gold Ruth Anne	9:00am	**GAC Cycling Harry	9:00am	*Cardio Gold Ruth Anne	9:00am	Pedal 'n Pump (45/45) Leslie	9:00am	**GAC Cycling Dustin		
					5:30pm	Step Blast Dawnette								
	6:30pm	**GAC Cycling Harry	6:30pm	ZUMBA 101 1st Tues of the month	6:30pm	**GAC Cycling Leslie								
Treadmill			9:00am	^INCLINE(45) Adriane	10:00am	^INCLINE(45) Adriane	9:00am	^INCLINE(45) Adriane			10:30am	^INCLINE(45) Adriane		

G.A.C. Group Fitness Class Descriptions

CLASS LEVEL KEY

(B) Fitness Seeker: Classes appropriate for individuals beginning a fitness program

(M) Multi-Level: Classes appropriate for most fitness & ability levels; modifications given

(A) Fitness Enthusiast: Classes appropriate for experienced individuals with a pre-existing fitness base due to degree of difficulty or advanced choreography

Cardio Gold (B) – This class includes 45 minutes of movement and 20 minutes of strength training to work on the prevention of muscle loss & balance work. *60 min*

Core Power (B) – Designed to tone & strengthen your core muscles groups: abs, lower back, upper back & chest. Variety of equipment will be used: weights, bands, bars & balls. *30 min*

Healthy Backs Yoga or HB Yoga (B) – Postures and breath combine to maintain a healthy spine in this Hatha yoga class. *75 min*

Low Impact & Weight Training or Zumba Gold & Weight Training (B) – 30 minutes is a cardio workout either Low Impact floor aerobics or Zumba Gold the other 30 minutes focuses on weight training to help improve balance and build & maintain lean muscle mass. *60 min*

Mat Pilates (M) – This class is designed for all levels to experience the core strengthening benefits of Pilates mat exercises. Experience the challenge & beauty of a Pilates workout while focusing on breath and correct movement. A variety of equipment will be used: circles, foam rollers, toning balls, weights. *60 min*

Muscle Pump (M) – Keep your body strong with this overall toning and strength training workout. A mix of free weights, balls, bars & resistance tubing are used to sculpt, create strength and condition your body. *60 min*

Pilates on the Ball (M) – This class is a blend of mat exercises that allows you the option of using a stability ball to enhance your workout's effectiveness, boost resistance, increase range of motion, & add a balance element. *60 min*

Pilates for a Strong Back (M) – This class is designed for all levels. Improve your game with this multi-level class for active members. Emphasis is on the shoulders, hips, lower back and abdominals to increase core strength and flexibility. *60 min*

Step & Sculpt (B) – Simple step patterns designed for a great overall body workout. 30 minutes of step followed by 30 minutes of resistance training with a combination of weights, tubing & balls. *60 min*

Zumba 101 (B) – A “workshop” designed to take the basic moves of our popular Zumba class (salsa, meringue, cumbia, samba etc...) and break them down into a more simplified form. Also, this is a great time to ask any questions. Wear comfortable clothing and supportive shoes. *30 min*

Zumba Gold (B) – A class designed for the active older adult, the true beginner, and/or people who are not used to exercising, or who may be limited physically. It is done at a lower intensity, not as fast, but it certainly is as fun. The same great Latin styles of music and dance are used. *45 min*

Cardio Strength (M) – Easy to follow cardio intervals between concentrated muscle building segments. This is a complete cross training workout! *60 min*

GAC Cycling (M) – A great cycling class that allows you to experience the highs, enjoy the lows and take YOUR ride to the next level. *60 min*

INCLINE (M) – A cardio workout on the treadmill at a whole new level! A motivated instructor will get you walking, jogging or running to great music & help give you new ideas to add to your treadmill workout. *45 min*

Muscle Pump Interval (M) – Same workout as our Muscle Pump class, but with cardio bursts intermixed throughout class. *60 min*

Step Blast (A) – The cardio class uses the step throughout with different options and variations in intensity. *60 min*

Step N’ Pump (M) - Basic stepping with handheld weights. Intense cardio workout and toning all in one! *60 min*

ZUMBA® (M) – It’s fun...It’s different...It’s effective!! Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic cardio workout. Come join the PARTY!! *60 min*

Cardio Kick (A) – Intense workout with classic jabs, punches and kicks followed by sport specific kickboxing strength & conditioning. *60 min*

Pedal ‘n Pump (A) – 45 minutes of high intensity cycling followed by 45 minutes of weight training. Come for ½ the class or the whole class. *90 min*

Vinyasa Yoga (A) – A vigorous flow of postures...build stamina, strength, and flexibility while promoting weight loss. Come prepared to sweat! *60 min*

Boot Camp (A) – A high intensity, drill oriented class that will use balls, jump ropes, agility ladder, cones, fitness rings, and stairs. Come ready for your initiation! *60 min*

Power Matwork (A) – Dynamic class of Pilates matwork exercises performed at a quick pace. Fitness circles, stability ball & weight balls are used to intensify your workout. *60 min*