

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
STUDIO 1	5:45am	Cardio Strength Sue Ann	5:45am	Muscle Pump Darrell	5:45am	Muscle Pump Sue Ann	5:45am	Boot Camp Darrell	5:45am	Muscle Pump Sue Ann					
	8:00am NEW!!	ZUMBA See GF Board	8:15am NEW TIME!!	Muscle Pump(45) Dawn			9:00am	*Cardio Gold Ruth Anne	8:00am NEW!!	ZUMBA See GF Board	8:00am	ZUMBA See GF Board			
	9:15am	Muscle Pump Int - Beth	9:15am	Step - Dawn	9:00am	CardioKick Pam	10:15am	ZUMBA See GF Board	9:15am NEW!!	Muscle Pump Int - Beth	9:15am	Cardio Strength Adriane	9:00am	Boot Camp (90) Kim	
	10:30am	*Hi/Lo or Zumba w/wts - Beth			10:00am	Abs(15) Pam	11:15am	ZUMBA 101 1st Thur of the month	10:30am	*Hi/Lo w/wts Dawnette	10:30am NEW!!!	Drums Alive 6/20, 7/18, 8/15	Group Fitness Schedule effective 6-15-09 to 9-7-09		
			5:30pm	ZUMBA See GF Board	5:00pm	Bootcamp Kim	4:45pm	ZUMBA See GF Board							
	6:00pm	Punch 'n Crunch - Pam	6:30pm	ZUMBA 101 1st Tues. of the month	6:30pm	ZUMBA see GF Board	6:00pm	Step(45) Dawn							
							6:45pm	Muscle Pump w/Abs(45) Dawn							

STUDIO 2	9:00am	Mat Pilates Maggie			9:00am	Mat Pilates Jean			9:00am	Mat Pilates Maggie	9:00am	Pilates on the Ball - Bess	All classes are 60 minutes unless noted. (15)=15 min. class (30)=30 min. class (45)=45 min. class (75)=75 min. class	
	10:00am	Power Yoga Jen C.	10:30am	*Yoga Lite(75) Dawnette			10:30am	*Yoga Lite(75) Dawnette	10:00am	Power Yoga LeAnn	10:00am	Fitness Yoga LeAnn		
	5:30pm	Hatha Yoga (75) - Tom	6:45pm	Mat Pilates Jodi										

STUDIO 3					5:45am NEW TIME!!	**GAC Cycling - Heather			5:45am NEW TIME!!	**GAC Cyclingw/cond (75) Heather			*Punch Card Class ^ Sign-up Required for INCLINE & cycling classes **\$3.00 drop in or \$12/month unlimited for GAC Cycling Schedule subject to change.	
	9:00am	**GAC Cycling Harry	9:00am	*Cardio Gold Ruth Anne	9:00am	**GAC Cycling Harry			9:00am	Pedal 'n Pump (45/45) Leslie	9:00am	**GAC Cycling Leslie		
					10:30am	*Step & Sculpt Dawnette								
					5:30pm	Step Blast Dawnette								
	6:30pm	**GAC Cycling Rotating	6:30pm	Muscle Pump Sue Ann	6:30pm	**GAC Cycling Leslie								

Treadmills			9:00am	^INCLINE(45) Adriane	10:00am NEW!!	^INCLINE(45) Adriane	9:00am	^INCLINE(45) Adriane			10:30am	^INCLINE(45) Adriane	
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POOL	8:00am	*Spec. Splash Lou	8:00am	Water Fitness Leslie	8:00am	*Spec. Splash Lou	8:00am	Water Fitness Leslie	8:00am	*Spec. Splash Lou			Kids Corner Mon-Fri. 8am-8:30pm Sat. 8:00am-6:00pm Sun. 9:00am-6:00pm	
	9:00am	*Spec. Splash Marie	1:00pm	*Senior Splash Linda	9:00am	*Spec. Splash Cleva	1:00pm	*Senior Splash Linda	9:00am	*Spec. Splash Marie	10:00am	Water Fitness Leslie		
	6:00pm	Water Fitness Leslie			6:00pm	Water Fitness LeAnn								

G.A.C. Group Fitness Class Descriptions

Classes are in order of Intensity level - Beginner (B) - Intermediate (I) – Advanced (A) – Extreme (E)

Abs (B) – A class designed to tone and strengthen your core. *15 min*

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*

Drums Alive (B) You + Stability Ball + Drumsticks + Music = An Amazing Workout Experience! This workout for your entire body, mind and spirit combines traditional aerobics with the powerful beat and rhythms of the drums. Drumming rhythms on your stability ball with drumsticks not only works your entire body but frees your spirit. *60 min*

Hatha Yoga (B) – This class offers an eclectic approach to the classical form of Hatha. It brings elements of Sivanda, Iyengar & Ashtanga to create blend of asanas while mindfulness of breath keeps you in the present moment. *75 min*

Hi-Lo / Zumba Gold & Weight Training (B) – Half the class is a cardio workout either as Hi-Lo floor aerobics and Zumba the other half of class focuses on weight training to help build and maintain lean muscle mass. (1st & 3rd Mondays are Hi-Lo & 2nd & 4th Mondays are Zumba). *60 min*

Mat Pilates (B) – This class, based on the methods of Joseph Pilates, will develop core strength, stabilization and a mind-body awareness. Proper body alignment will be emphasized. *60 min*

Muscle Pump (B) – Keep your body strong with this overall toning and strength training workout. A variety of equipment will be used: weights, ball, bars, and bands to work every major muscle group in the body. *60 min*

Pilates on the Ball (B) – 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*

Senior Splash (B) – A lower intensity water workout using resistance equipment geared for the older adult. *60 min*

Specialty Splash (B) – Geared for those individuals with specific joint issues and/or arthritis. Gentle movements in the water using water specific equipment. *60 min*

Step & Sculpt (B) – Simple step patterns designed for a great overall body workout. 30 minutes of step followed by 30 minutes of weight training. *60 min*

Yoga Lite (B) – This class teaches the basic of Yoga in a gentle way & will incorporate moves for spinal alignment and strength. Class ends with 15 minutes of relaxation. *75 min*

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

Fitness Yoga (I) – The perfect yoga class for the individual looking to get toned through a series of movements concentrating on breath & posture. *60 min*

GAC Cycling (I) – 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 (I) – 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 (I) – Same workout as our Muscle Pump class, but with cardio burst intermixed throughout class. *60 min*

Punch 'n Crunch (I) – Come prepared to jab, kick, punch & crunch your way to a fitter you! 45 minutes of cardio kick training followed by 15 minutes of abs. *60 min*

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

Water Fitness (I) – A higher intensity water workout that uses resistance equipment. *60 min*

ZUMBA (I) – 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*

Power Yoga (A) – A more intense yoga class focusing on developing a lean, sculpted body all the while aware of posture, breath & body mechanics. This class is more advanced than Fitness Yoga. *60 min*

Boot Camp (E) – 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*