



GET GOING AT THE GAC

G^3 is designed for individuals looking for information about how to reach their health and fitness goals. New and existing members are invited to attend this FREE informational seminar.

WHAT

FREE 75 MINUTE CLASS

WHO

NEW MEMBERS OR ANYONE WHO NEEDS A "BOOST" WITH THEIR FITNESS GOALS

WHEN

9:30 - 10:45 AM CLASSES

5:45 - 7:00 PM CLASSES

JUNE 9
JULY 14TH
AUGUST 11TH
SEPTEMBER 15TH

JUNE 24TH
JULY 22ND
AUGUST 26TH
SEPTEMBER 23RD

WHERE

THE BIRCH ROOM

INSTRUCTOR

JEN COLOMBO, FITNESS DIRECTOR
MICHELLE NIMMO, MEMBERSHIP DIRECTOR
NOELL HICKEY, REACH WELLNESS EDUCATOR, PERSONAL TRAINER

Contact Membership services for reservations and/or questions at 810-606-7519. SPACE IS LIMITED.