

GBCC

SCHEDULE OF CLASSES

<u>MONDAY</u>		
9:00	YOGA	LITTLE GYM
9:00	JAZZERCISE	AEROBIC ROOM
10:00	WATER AEROBICS	POOL
10:30	ZUMBA BASIC	AEROBIC ROOM
5:15	JAZZERCISE	AEROBIC ROOM
5:30	POWER FLEX	EAST WING
5:30	CYCLING	LITTLE GYM
6:30	ZUMBA	AEROBIC ROOM
6:30	YOGA	LITTLE GYM

<u>TUESDAY</u>		
5:30	POWER EXTREME TRAINING	AEROBICS
9:00	JAZZERCISE	AEROBICS
10:30	WATER AEROBICS	POOL
4:30	JAZZERCISE	AEROBICS
5:30	WATER AEROBICS	POOL
5:30	KICKBOXING	AEROBICS
6:00	KIDS TAE KWON DO	EAST WING
6:00	ZUMBA	AEROBICS
7:00	ADULTS TAE KWON DO	EAST WING
		AEROBICS

<u>WEDNESDAY</u>		
5:30	CYCLING	EAST WING
8:15	Power Flex	EAST WING
9:00	JAZZERCISE	AEROBIC ROOM
10:00	WATER AEROBICS	POOL
10:00	ZUMBA BASIC	AEROBIC ROOM
*11:30A /12:30P	Senior Circle Class	WATER AEROBIC
5:15	INDOOR CYCLING	LITTLE GYM
5:30	POWER FLEX	EAST WING
5:30	JAZZERCISE	AEROBIC ROM
6:30	YOGA	LITTLE GYM



THURSDAY

5:30	POWER EXTREME TRAINING	AEROBICS
9:00	YOGA	Little GYM
9:00	JAZZERCISE	AEROBIC ROOM
10:30	WATER AEROBICS	POOL
4:30	JAZZERCISE	AEROBICS ROOM
5:30	WATER AEROBICS	POOL
5:30	KICKBOXING	AEROBICS
6:00	ZUMBA	AEROBICS
6:00	KIDS TAE KWON DO	EAST WING
7:00	ADULTS TAE KWON DO	EAST WING
7:10	ROCK HARD BUNS & THIGHS	AEROBICS

FRIDAY

5:30	CYCLING	EAST WING
8:15	Power Flex	EAST WING
9:00	JAZZERCISE	AEROBIC ROOM
6:00	ZUMBA	Aerobic Room
10:00	WATER AEROBICS	POOL

SATURDAY

9:00	JAZZERCISE	AEROBIC ROOM
------	------------	--------------

** Senior Circle Class will be held only on a Wednesday only one day per month.
Please see schedule at front desk for date of class.*

Something for Everyone!

