

GROUP FITNESS CLASS SCHEDULE

Effective June 12, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
530-630AM CYCLE Alison	545-635AM - Studio A & B BOOTCAMP Donna	530-630AM CYCLE Paige	530-620AM - Studio A & B BOOTCAMP Jessica	530-630AM CYCLE Tara	820-920AM CYCLE Brigid/Michele	
8-855AM - Outdoor Pool AQUA ZUMBA Monica Stout	8-855AM - Outdoor Pool SHALLOW H2O Christina	830-920AM - Studio A SS CLASSIC Barbara/Art	8-855AM - Outdoor Pool SHALLOW H2O Christina	8-855AM - Outdoor Pool AQUA ZUMBA Monica Stout	830-920AM - Mind & Body Studio MAT PILATES Cindy	
810-910AM CYCLE Tara	830-940AM - Mind & Body Studio VINYASA YOGA Beth	830-920AM - Studio B CST Laura	830-920AM - Mind & Body Studio MAT PILATES Cindy	830-920AM - Studio A & B SS CLASSIC Nancy/Art	830-920AM - Studio A & B DANCE FUSION Monica Stepter	
830-920AM - Studio A SS CLASSIC Karen/Art	830-920AM - Studio A & B RAISE THE BAR Alison	920-1020AM CYCLE Amanda	830-920AM - Studio A & B RAISE THE BAR Alison	920-1020AM CYCLE Amanda	930-1030AM CYCLE Jessica	
830-920AM - Studio B CST Laura	845-945AM CYCLE Christy	930-1020AM - Studio A 3-2-1 Brooke	845-945AM CYCLE Christy	930-1020AM - Mind & Body Studio VINYASA YOGA Sara	935-1025AM - Studio A CARDIO KICKBOX Donna	
920-1020AM CYCLE Paige	930-1020AM - Mind & Body Studio GENTLE YOGA Tharwa	930-1020AM - Studio B INTERVAL Amy	930-1020AM - Mind & Body Studio ASHTANGA YOGA Gus	930-1020AM - Studio A & B ZUMBA GOLD Answorth	935-1005AM - Studio B AB LAB Brigid/Michele	
930-1020AM - Studio A & B ZUMBA Issrah	930-1020AM - Studio A & B TOTAL BODY TABATA Paige	930-1025AM SHALLOW H2O Ann	930-1020AM - Studio A & B TOTAL BODY TABATA Paige	930-1025AM SHALLOW H2O Ann	945-1035AM - Mind & Body Studio VINYASA YOGA Gus	
930-1025AM SHALLOW H2O Ann	1030-1120AM - Mind & Body Studio SS CIRCUIT Nancy/Barbara	1030-1120AM - Studio A & B ZUMBA Monica Stepter	1030-1120AM - Mind & Body Studio SS CIRCUIT Barbara/Nancy	1030-1120AM - Studio A & B BELLY DANCE Issrah	1040-1130AM - Studio A & B TBS Jessica	
1030-11AM - Mind & Body Studio AB LAB Issrah	1030-1120AM - Studio A & B CARDIO KICKBOX Brooke	1030-1120AM - Mind & Body Studio VINYASA YOGA Tharwa	1030-1120AM - Studio A & B CARDIO KICKBOX Brooke	1030-1120AM - Mind & Body Studio SCULPT & FLOW Christen S		SUNDAY
1030-1120AM - Studio A & B TOTAL BODY SCULPT Amanda	1035-1130AM DEEP H2O Debbie C	1035-1130AM DEEP H2O Katie	1130AM-1220PM - Studio A & B DANCE FUSION Amanda	1035-1130AM DEEP H2O Debbie	1-230PM CYCLE Amanda	
1035-1130AM DEEP H2O Debbie	1130AM-1220PM - Mind & Body Studio MAT PILATES Monica Stepter	1130-1220AM - Studio A & B AXIS Christen S	1130AM-1220PM - Mind & Body Studio MAT PILATES Monica Stepter	1130AM-1220PM - Studio A & B TOTAL BODY SCULPT Christen S	1-155PM DEEP H2O Kristen H	
1130AM-1220PM - Mind & Body Studio SCULPT & FLOW Christen S	1130AM-1220PM - Studio A & B DANCE FUSION Amanda	1215-115PM *CYCLE AD	1230-120PM - Mind & Body Studio GENTLE YOGA Katie	1215-115PM *CYCLE AD	1-150PM - Mind & Body Studio DANCER'S TONE Shun	
1130-1220AM - Studio A & B CARDIO FIT Amanda	430-520PM - Studio A CARDIO KICKBOX Christina F	1230-120PM - Studio A & B CARDIO FIT Christen S	520-630PM - Studio A & B DANCE FUSION Cari	430-530PM CYCLE Amanda/Michele	2-250PM - Studio A & B ZUMBA Libbi	
1215-115PM *CYCLE AD	530-6PM - Mind & Body Studio AB LAB Issrah	1230-120PM - Mind & Body Studio GENTLE YOGA Katie	530-620PM - Mind & Body Studio DANCER'S TONE Shun	430-530PM - Studio A & B DANCE FUSION Christina F	230-3PM - Mind & Body Studio AB LAB Katie	
1230-120PM - Mind & Body Studio GENTLE YOGA Katie	530-6PM - Studio A & B RAISE THE BAR Christina F	430-520PM - Studio A & B BELLY DANCE Issrah	615-715PM CYCLE Erin	530-620PM - Mind & Body Studio HATHA YOGA Beth/Michael	3-350PM - Mind & Body Studio VINYASA YOGA Katie	
515-6PM TABATA CYCLE Christy	6-7PM CYCLE Jessica	530-620PM - Mind & Body Studio MAT PILATES Cindy	630-720PM - Mind & Body Studio YIN YOGA Cedahlia		430-520PM - Mind & Body Studio TAI CHI Michael	
530-620PM - Mind & Body Studio MAT PILATES Cindy	610-655PM - Mind & Body Studio ATHLETIC YOGA Alison	530-620PM - Studio A & B CST Jessica	640-730PM - Studio A & B RAISE THE BAR Sharaze			
530-620PM - Studio A & B DANCE FUSION Cari	610-7PM - Studio A & B ZUMBA Issrah	545-630PM TABATA CYCLE Christina F				
615-715PM PERFORMANCE CYCLE Michele		615-710PM AQUA FIT Deb J				
615-710PM AQUA FIT Deb J		630-720PM - Mind & Body Studio ASHTANGA YOGA Jaisree				
630-720PM - Mind & Body Studio VINYASA YOGA Sara		630-720PM - Studio A & B DANCER'S TONE Shun				
630-720PM - Studio A & B RAISE THE BAR Christen S						

HELP US GO GREEN!
 DOWNLOAD THE GAC APP TO
 VIEW THE SCHEDULE.



All CYCLE classes are held in the CYCLE Studio. All AQUATICS classes are held in the indoor pool unless otherwise noted.
 *Online reservations are available for the 1215PM M/W/F CYCLE class. Select EXTRAS on the app to log into your MY GAC account.

CLASS DESCRIPTIONS

Ab Lab - This is an ab blasting and core strengthening workout.

Aqua Fit - Get fit with this challenging total body workout! This shallow water workout will improve cardiovascular endurance and muscle tone without the impact on your joints.

Aqua Zumba – Traditional aqua fitness is transformed with the fun of Zumba. This water workout provides a safe but challenging workout with fun moves set to invigorating, high-energy music.

Athletic Yoga - This intermediate/advanced level yoga class takes a fitness approach to your practice. This dynamic flow yoga is set to music with a focus on both strength and flexibility.

AXIS - Take your core to battle, strengthening your midsection by working through all planes of motion. Progressive movements will challenge you by stabilizing and mobilizing your core.

Belly Dance – Develop balance and grace while strengthening and toning the entire body. Flexibility of the hips and low back are also increased during this class.

Boot Camp - Tone the body, improve strength and increase endurance through cardiovascular and weight training.

CardioFit - This low impact cardio and total body conditioning workout increases muscular and cardio endurance. CardioFit provides a safe and effective workout for beginners, pre- and post-natal mothers, as well as older active adults.

Cardio Kickbox – This high intensity workout is sport specific and incorporates weighted body bars. Cardio Kickboxing routine focuses on endurance, strength, flexibility, and a high caloric burn.

C.S.T. (Cardio Strength Training) - An athletic based cardio and strength training class for both men and women. Challenge yourself with non-stop speed, total body compound power movements and plyometric and agility drills.

Cycle - This indoor cycling class will increase cardiovascular endurance. Feel free to bring a padded seat cover or wear padded cycling shorts for comfort.

Dance Fusion - This is an easy-to-follow, aerobic, dance based fitness class. The dance routines combine hip-hop, belly dancing and Latin moves set to the latest music.

Dancer's Tone - Sculpt and tone with traditional dancing techniques! This class uses light weights for a total body resistance workout while performing toning exercises traditionally used by dancers

Gentle Yoga - Targeted towards those new to yoga and those who are recovering from injury. Blocks and straps may be used if needed, along with a wide variety of alternative poses. . Some poses will be held longer and final relaxation is extended.

Ashtanga Yoga - is a set sequence of postures designed to bring strength, flexibility and endurance to the body and a sense of stillness to the mind. The postures are done in the same order and performed with breathing techniques. Ashtanga's intensity can also invoke positive life transformation off the mat in your daily life.

Hatha Yoga - An alignment based form of yoga allowing for challenging poses, sequencing and integration of the mind.

Interval – This format provides alternating intervals of step with multi-muscle strength movements in a 3:1 minute ratio. Abdominal sculpting is incorporated in the last portion of the class.

Mat Pilates – This class focuses on basic Pilates principles: core strength, flexibility, proper breathing,

Performance Cycle – A cardiovascular workout that teaches students how to develop a heart rate profile along with proper technique and form. This class will incorporate the bike console metrics (Watts, Rpm's, & Gears) as a basis for measuring and improving strength, speed, focus, power, and recovery.

Raise The Bar - Build muscular strength, power and control through the use of weighted bars. This class targets the upper and lower body as well as the core. Additional equipment may also be used.

Sculpt & Flow— A Challenging combination of yoga, movement, and core training to improve full-body stabilization, strength, and range of motion. Participants will perform plyometrics and agility training partnered with static yoga poses and flows.

SS (Silver Sneakers) Classic® - Have fun and move to the music through a variety of exercises designed to increase muscle 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 exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

SS (Silver Sneakers) Circuit® - The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

TABATA Cycle – A 45 minute quick paced indoor cycling class utilizing high intensity interval training known as the TABATA protocol. TABATA training has been shown to improving endurance and speed, while providing a high caloric burn.

Tai Chi - These exercises encourage gentle, flowing, circular movements, balance and weight -shifting and practicing of breathing techniques.

Total Body Sculpt –This class utilizes sculpting exercises designed to tighten and tone your body from head to toe while using a combination of hand weights, stability balls and resistance bands.

Total Body TABATA – This class uses the popular Tabata interval training formula alternating strength and cardio intervals. This high intensity interval training (a.k.a. HIIT) is scientifically proven to produce a high calorie burn and improve athletic performance.

Vinyasa Yoga – This yoga practice allows participants to transition through postures in a flowing manner while staying connected to the breath.

Deep H2O - Utilize buoyancy belts, aquatic barbells and noodles to tone and improve mobility in this no impact class.

Shallow H2O - Don't like to sweat? Try this low impact class utilizing foam barbells, noodles and kickboards for a challenging resistance workout in the water.

Yin Yoga—a quiet and simple practice, but not necessarily an easy practice. Yin yoga works deeply into our body. It targets our deepest tissues of the body, our connective tissues ligaments, joints, bones, and the deep fascia networks of the body.

Zumba® - Zumba incorporates aerobic interval training by featuring easy to follow dance steps that tone and sculpt the body. Participants will learn a variety of dance rhythms and fun dance moves.

Zumba Gold® - Beginners and the older active adult will enjoy this aerobic/fitness interval training with a combination of fast and show rhythms that tone and sculpt the body.