

**GCC NORTH CAMPUS** (57<sup>th</sup> Ave & Happy Valley Rd)  
**SilverSneakers® & Senior Fitness Class Schedule**  
**SPRING 2012**      **January 17<sup>th</sup> – May 25<sup>th</sup>**      **Room C-104**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9 AM</b>	■ <b>Step &amp; Strength Conditioning</b> Vicki Shepherd		■ <b>Cardio/Step &amp; Strength Conditioning</b> Lorrie Karn		■ <b>Step &amp; Strength Conditioning</b> Becky Brees
<b>10 AM</b>	◆ <b>Cardio – Level 1 Line Dance</b> Vicki Shepherd		◆ <b>Step – Level 1</b> Ann Saltz		◆ <b>Cardio/Level 1</b> Becky Brees
<b>11 AM</b>	SilverSneakers® <b>Muscular Strength</b> Vicki Shepherd	SilverSneakers® <b>YogaStretch</b>  Sally Lopez	SilverSneakers® <b>Muscular Strength</b> Ann Saltz	SilverSneakers® <b>Muscular Strength</b> Becky Brees	SilverSneakers® <b>Muscular Strength</b> Becky Brees

◆ = This class format is appropriate for the **moderate** exerciser, or for participants with previous exercise experience who would to take their fitness program to the next level. Options will be offered to accommodate all fitness levels.

■ = This class format is appropriate for the **experienced** exerciser.  
**Class Descriptions are listed on the back of this schedule.**