

GCC-North Winter Break

December 19, 2011 – Jan 13, 2012

SilverSneakers® & Senior Fitness Class Schedule

All Fitness Center students may participate in any of the classes below

MONDAY		WEDNESDAY		FRIDAY	
December 19 9am ❖ Cardio/ Step Circuit Vicki 10am ■ Low Impact /Line Dance Vicki 11am MSROM Vicki		December 21 9am ❖ Cardio Circuit Lorrie 10am ■ Step Ann 11am MSROM Ann		December 23 No Classes	
December 26 9am ❖ Cardio/ Step Circuit Vicki 10am ■ Low Impact Vicki 11am MSROM Vicki		December 28 9am ❖ Cardio Circuit Lorrie 10am ■ Step Ellen 11am MSROM Ellen		December 30 No Classes	
January 2 9am ❖ Cardio/ Step Circuit Vicki 10am ■ Low Impact/Line Dance Vicki 11am MSROM Vicki		January 4 9am ❖ Cardio Circuit Lorrie 10am ■ Step Ann 11am MSROM Ann		January 6 9am ❖ Cardio/ Step Circuit Becky 10am ■ Low Impact Becky 11am MSROM Becky	
January 9 9am ❖ Cardio/ Step Circuit Vicki 10am ■ Low Impact/Line Dance Vicki 11am MSROM Vicki		January 11 9am ❖ Cardio Circuit Lorrie 10am ■ Step Ann 11am MSROM Ann		January 13 9am ❖ Cardio/ Step Circuit Becky 10am ■ Low Impact Becky 11am MSROM Becky	
January 16 MLK Day Fitness Center Closed No SilverSneakers Classes		GCCN Fitness Center Hours Monday – Friday 5am – 12pm & 4pm – 7pm Saturday 8am – 12pm Sunday - closed		Christmas Eve, Saturday, 12/24/11 & New Year's Eve, Saturday, 12/31/11 Open 8am – 12pm	

MSROM = SilverSneakers® Muscular Strength and Range of Movement. (This class format is targeted for beginners and is open to all fitness levels)

■ = This class format is appropriate for the moderate exerciser.

❖ = This class format is appropriate for the experienced exerciser.

The Spring 2012 schedule begins Tuesday, January 17, 2012.