

GCC-Main Winter Break

December 19, 2011– January 13, 2012

SilverSneakers® & Senior Fitness Class Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 19 9am YogaStretch Becky 10am ■Low Impact Becky 11am MSROM Becky	December 20 10am ■ Line Dance Susie 11am MSROM Susie	December 21 9am YogaStretch Susie 10am ■ Step Ellen 11am MSROM Ellen	December 22 10am ■Line Dance Susie 11am MSROM Susie	December 23 <h1>No Classes</h1>
December 26 9am YogaStretch Becky 10am ■Low Impact Becky 11am MSROM Becky	December 27 10am ■Line Dance Vicki 11am MSROM Vicki	December 28 9am YogaStretch Becky 10am ■Step Becky 11am MSROM Becky	December 29 10am ■Line Dance Vicki 11am MSROM Vicki	January 30 <h1>No Classes</h1>
January 2 9am YogaStretch® Ann 10am ■Low Impact Ann 11am MSROM Ann	January 3 10am ■Line Dance Susie 11am MSROM Susie 12pm Tai Chi Mary Lea	January 4 9am YogaStretch Susie 10am ■Step Ellen 11am MSROM Ellen 12pm Positive Thought ML	January 5 10am ■Line Dance Susie 11am MSROM Susie 12pm Tai Chi Mary Lea	January 6 9am ■Line Dance Susie 10am ■Low Impact Vicki 11am MSROM Vicki
January 9 9am YogaStretch Ann 10am ■Low Impact Ann 11am MSROM Ann	January 10 9am Line Dance Susie 10am ■Cardio/Strength SK 11am MSROM Susie 12pm Tai Chi Mary Lea	January 11 9am YogaStretch Susie 10am ■Step Ellen 11am MSROM Ellen 12pm Positive Thought ML	January 12 9am Line Dance Susie 10am ■Cardio/Strength SK 11am MSROM Susie 12pm Tai Chi Mary Lea	January 13 9am ■Line Dance Susie 10am ■Low Impact Vicki 11am MSROM Vicki
January 16 MLK Day Fitness Center Closed No SilverSneakers Classes	January 17 Spring 2012 Schedule begins	<h2>GCC - Fitness Center Hours</h2> 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

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

SilverSneakers® YogaStretch is taught seated in a chair, participants have the option to stand. (This class format is appropriate for beginners and experienced)

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