

GCCC Fall Fitness Schedule

Classes Begin November 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00AM		5-5:45 Tone & Tighten	5-5:45 Cycling	5-5:45 Tone & Tighten	5-5:45 Cycling	5-5:45 Tone & Tighten	
6:00-7:00AM		6-6:45 Cycling	6-6:45 Big Ball	6-6:45 Cycling	6-6:45 Big Ball	6-6:45 Cycling	
7:00-8:00AM							7:00 Runners Club
8:00-9:00AM							8:30-9:30
9:00-10:00AM		9:00-9:45 Senior Yoga	9:00-9:45 Senior Aerobics	9:00-9:45 Senior Yoga	9:00-9:45 Senior Aerobics	9:00-9:45 Senior Yoga	Interval Step
10:00-11:00AM		10:15-10:45 Pilates		10:15-10:45 Pilates		10:15-10:45 Pilates	
11:00-12:00PM							
12:00-1:00PM		12-1 Tone & Tighten	12:15-12:45 Cycling	12-1 Tone & Tighten	12:15-12:45 Cycling	12-1 Tone & Tighten	
1:00-2:00PM							
2:00-3:00PM							
3:00-4:00PM							
4:00-5:00PM							
5:00-6:00PM		4:30-6 Yoga		4:30-6 Yoga			
	5:30-6:30		5:30-6:30		5:30-6:30		
6:00-7:00PM	Tae Kwon Do	6:15-7 Cycling	Interval Step	6:15-7 Cycling	Interval Step		
			6:45-7:30		6:45-7:30		
7:00-8:00PM		7:10-7:40 Bootcamp	Tone & Tighten	7:10-7:40 Bootcamp	Tone & Tighten		
		7:45-8 Abs		7:45-8 Abs			

* Childcare is available during these times. 5-8 PM Mon.-Thur.