

GAC UNIVERSITY

UPCOMING CLASSES

FEBRUARY

Date	Class	Time	Location	Speaker
Wednesday, February 6	Healthy Eating—Where to Start.	10:30 am	Birch Room	Christina Schumann, Registered Dietitian
Monday, February 11	Grocery Store Visit.	7:00 pm	Kroger	Debbie Ryan, Health Coach
Tuesday, February 12	Portion Control.	6:30 pm	Birch Room	Christina Schumann, Registered Dietitian
Tuesday, February 19	Be Your Own Coach.	6:30 pm	Birch Room	Charis Haschig, ACE Certified Personal Trainer
Saturday, February 23	Mindfulness.	10:00 am	Birch Room	Jennifer Lynch, Certified Health Coach

GAC UNIVERSITY IS FREE FOR MEMBERS!

Preregistration is required

*Sign up at the Service Desk (810) 606-7300

\$10 for non-members or \$15 with a guest pass

**Senior Limited members may attend all GAC U classes.*



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GENESYS
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GAC U: Healthy Eating - Where To Start!:

"Eating healthier" is a goal many of us have had at least once. In this class we will discuss how to set specific healthy eating goals in a way that makes them more achievable. This class is a must for those who tend towards all or none thinking or for those who yo-yo diet. This class will inspire lasting lifestyle changes one goal at a time.

Speaker: Christina Schumann, MPH, RD, Certified Health Coach

GAC U: Grocery Store Visit:

The place to start any weight loss program is in the GROCERY STORE! Join Debbie Ryan, Certified Health Coach, at Kroger's in Grand Blanc. Debbie will show you a back to basics approach to healthy eating that will last a lifetime. **Space is limited, therefore you must RSVP by calling the Health Coach office at 810-606-7802 or emailing Deborah.Ryan@ascension.org if you are interested.** Please meet Debbie in the produce area at the front of the store.

Speaker: Debbie Ryan, Certified Health Coach

GAC U: Portion Control:

In today's current food environment the portion of food that we are served or the portion that we serve our self is often much more than we need both in terms of macro nutrients and calories. Being more mindful of the portions we consume and exercising portion control is one of the most effective ways to achieve weight loss or weight management. In this class you will learn various portion control tactics.

Speaker: Christina Schumann, MPH, RD, Certified Health Coach

GAC U: Be Your Own Coach:

Tips and Tricks to design your own workout program effectively. Knowledge is Power. Don't be dependent on friends, programs, or apps to determine what your workout program should look like. Learn how you can organize your daily and weekly workouts and progress your program to be able to meet your goals.

In this class we will discuss different variables that affect how you organize your workout program, such as time, type, intensity, and frequency. We will also practice organizing your own daily workouts to make sure they are safe, effective, focused, and fun.

Speaker: Charis Haschig, Certified Personal Trainer and Health Coach. B.S. Kinesiology

GAC U: Mindfulness:

Mindfulness is the simple act of paying attention, on purpose, in the present moment. Whenever we bring awareness to what we're directly experiencing via our senses, or via our state of mind, we're being mindful. There is growing research showing that when you train your brain to be mindful, you're actually remodeling the physical structure of