

January 2019 - GAC Gold Schedule of Classes & Programs

“You get in life what you have the courage to ask for.”

— Oprah Winfrey

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5
	10:00 am - PWR! - Aux Gym	9:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	10:30 am - Zumba Gold - Studio 3
	11:00 am - GAC Gold Tennis - Court 1	10:15 am - Zumba Gold Toning - Studio 3	10:00 am - PWR Cycling! - Studio 3	10:00 am - Aqua Fit Mix - Pool	12:30 pm - Arthritis Aqua - Pool
	11:30 am - Mat Pilates - Studio 2	10:30 am - Body Pump 101 - Studio 1	10:00 am - Deep Water Mix - Pool	10:15 am - Zumba Gold Tone - Studio 3	4-7 pm - Pickleball - Tennis Courts 7-10
	1:00 pm - Gentle Yoga - Studio 2	11:30 am - Tai Chi - Studio 1	11:00 am - Fit Forever - Studio 3	11:00 am - Aqua Yoga/Pilates - Pool	
		12:00 pm - Arthritis Aqua - Pool	11:30 am - Mat Pilates - Studio 2	11:15 am - Body Pump 101 - Studio 1	
		1:00 pm - Gentle Yoga - Studio 2	1:00 pm - Gentle Yoga - Studio 2	12:00 pm - Arthritis Aqua - Pool	12:00 pm - Arthritis Aqua - Pool
			6:00 pm - Tabata - Pool	12-3 pm - Pickleball - Tennis Courts 8&9	
		5:00 pm - Arthritis Aqua - Pool	1:00 pm - Aquacise - Pool		
		7:00 pm - Aqua Deep Water - Pool	1:00 pm - Hatha Yoga - Studio 2		
7	8	9	10	11	12
8:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	9:00 am - Arthritis Aqua - Pool	9:00 am - Senior Splash - Pool	10:30 am - Zumba Gold - Studio 3
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		7:00 pm - Aqua Deep Water - Pool	1:00 pm - Hatha Yoga - Studio 2		
14	15	16	17	18	19
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21	22	23	24	25	26
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28	29	30	31		
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Free to members! PWR! Is a research-based exercise class designed specifically for people with Parkinson's disease or movement disorders..

NEW GAC Limited member hours, Monday - Friday 10am - 3pm

Check-in is allowed no earlier than 10 am and no later than 2:30 PM

Check-out must be no later than 3 pm