

# GSAC FITNESS - FALL 09

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 A.M.</b>	<b>FitnessPlus</b> Holly/Rusty	<b>Just Fitness</b> Rusty	<b>FitnessPlus</b> Kim	<b>Just Fitness</b> Holly	<b>FitnessPlus</b> Holly/Kim
<b>9:45 A.M.</b>	<b>Exercise &amp; More</b> Holly/Rusty		<b>Exercise &amp; More</b> Kim		<b>Exercise &amp; More</b> Holly/Kim
<b>10:30 A.M.</b>	<b>Intermediate Pilates</b> Holly	<b>Tai Chi (10:00)</b> Chris		<b>Tai Chi</b> Chris	
<b>12:30 P.M.</b>					<b>Intermediate Pilates</b> Lynn
<b>5:45 P.M.</b>	<b>Yolates</b> Lynn	<b>Kickboxing</b> Holly	<b>(5:30) Fabulous Abs</b> Rusty	<b>Yoga</b> Vanita	
<b>6:00 P.M.</b>			<b>Yoga Plus</b> Rusty		

<b>FitnessPlus*</b>	A high energy, low impact aerobic workout. Feel and look great.
<b>Just Fitness*</b>	Join Rusty and Holly for a fitness hodgepodge. Variety keeps your metabolism and muscles from reaching a plateau. Break out of the rut.
<b>Exercise &amp; More<sup>@</sup></b>	Workout from a chair. No-impact exercise using hand weights, balls, & exercise bands for strength and flexibility. Set to upbeat music that is sure to get you moving.
<b>Intermediate Pilates<sup>#</sup></b>	Instruction for intermediate to advanced level students. Lengthen, define, and sculpt muscle rather than build bulk.
<b>Yoga Plus<sup>#</sup></b>	You will learn to flow from one pose into another. The fusion of mind, breath, energy, and movement results in a vibrant and energetic practice.
<b>Kickboxing<sup>#</sup></b>	Low impact, high energy movement and conditioning gets you moving, burning calories, and having so much fun you forget it is exercise!
<b>Fab Abs<sup>@</sup></b>	This short but energy-filled class will tone and shape core.
<b>Tai Chi<sup>\$</sup></b>	Learn from an Arthritis Foundation instructor while developing poise and self-assurance.

\* \$20/\$40 Fitness punch card

# \$35 Specialty punch card

@ Free class

\$ \$80 punch card