

December 2018 - GAC Gold Schedule of Classes & Programs

“If it doesn’t challenge you, it doesn’t change you.”

Fred DeVito

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
					10:30 am - Zumba Gold - Studio 3 12:30 pm - Arthritis Aqua - Pool 4-7 pm - Pickleball - Tennis Courts 7-10
3	4	5	6	7	8
8:00 am - Senior Splash - Pool 9:00 am - Aquacise - Pool 10:30 am - Zumba Gold w Wts. - Studio 3 11:30 am - Tai Chi - Studio 1 11:30 am - Arthritis Aqua 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Hatha Yoga - Studio 2 5:00 pm - Arthritis Aqua - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR! - Aux Gym 10:00 am - Aqua Fit Mix - Pool 11:00 am - Fit Forever - Studio 3 11:00 am - GAC Gold Tennis - Court 1 11:30 am - Mat Pilates - Studio 2 1:00 pm - Aquacise - Pool 1:00 pm - Gentle Yoga - Studio 2	9:00 am - Senior Splash - Pool 10:15 am - Zumba Gold Toning - Studio 3 10:30 am - Body Pump 101 - Studio 1 11:30 am - Tai Chi - Studio 1 12:00 pm - Arthritis Aqua - Pool 1:00 pm - Gentle Yoga - Studio 2 6:00 pm - Tabata - Pool 5:00 pm - Arthritis Aqua - Pool 7:00 pm - Aqua Deep Water - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR Cycling! - Studio 3 10:00 am - Deep Water Mix - Pool 11:00 am - Fit Forever - Studio 3 11:30 am - Mat Pilates - Studio 2 12:00 pm - Arthritis Aqua - Pool 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Aquacise - Pool 1:00 pm - Hatha Yoga - Studio 2	9:00 am - Senior Splash - Pool 10:00 am - Aqua Fit Mix - Pool 10:15 am - Zumba Gold Tone - Studio 3 11:00 am - Aqua Yoga/Pilates - Pool 11:15 am - Body Pump 101 - Studio 1 12:00 pm - Arthritis Aqua - Pool	10:30 am - Zumba Gold - Studio 3 12:30 pm - Arthritis Aqua - Pool 4-7 pm - Pickleball - Tennis Courts 7-10
10	11	12	13	14	15
8:00 am - Senior Splash - Pool 9:00 am - Aquacise - Pool 10:30 am - Zumba Gold w Wts. - Studio 3 11:30 am - Tai Chi - Studio 1 11:30 am - Arthritis Aqua 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Hatha Yoga - Studio 2 5:00 pm - Arthritis Aqua - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR! - Aux Gym 10:00 am - Aqua Fit Mix - Pool 11:00 am - Fit Forever - Studio 3 11:00 am - GAC Gold Tennis - Court 1 11:30 am - Mat Pilates - Studio 2 1:00 pm - Aquacise - Pool 1:00 pm - Gentle Yoga - Studio 2	9:00 am - Senior Splash - Pool 10:15 am - Zumba Gold Toning - Studio 3 10:30 am - Body Pump 101 - Studio 1 11:30 am - Tai Chi - Studio 1 12:00 pm - Arthritis Aqua - Pool 1:00 pm - Gentle Yoga - Studio 2 6:00 pm - Tabata - Pool 5:00 pm - Arthritis Aqua - Pool 7:00 pm - Aqua Deep Water - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR Cycling! - Studio 3 10:00 am - Deep Water Mix - Pool 11:00 am - Fit Forever - Studio 3 11:30 am - Mat Pilates - Studio 2 12:00 pm - Arthritis Aqua - Pool 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Aquacise - Pool 1:00 pm - Hatha Yoga - Studio 2	9:00 am - Senior Splash - Pool 10:00 am - Aqua Fit Mix - Pool 10:15 am - Zumba Gold Tone - Studio 3 11:00 am - Aqua Yoga/Pilates - Pool 11:15 am - Body Pump 101 - Studio 1 12:00 pm - Arthritis Aqua - Pool	10:30 am - Zumba Gold - Studio 3 12:30 pm - Arthritis Aqua - Pool 4-7 pm - Pickleball - Tennis Courts 7-10
17	18	19	20	21	22
8:00 am - Senior Splash - Pool 9:00 am - Aquacise - Pool 10:30 am - Zumba Gold w Wts. - Studio 3 11:30 am - Tai Chi - Studio 1 11:30 am - Arthritis Aqua 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Hatha Yoga - Studio 2 5:00 pm - Arthritis Aqua - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR! - Aux Gym 10:00 am - Aqua Fit Mix - Pool 11:00 am - Fit Forever - Studio 3 11:00 am - GAC Gold Tennis - Court 1 11:30 am - Mat Pilates - Studio 2 1:00 pm - Aquacise - Pool 1:00 pm - Gentle Yoga - Studio 2	9:00 am - Senior Splash - Pool 10:15 am - Zumba Gold Toning - Studio 3 10:30 am - Body Pump 101 - Studio 1 11:30 am - Tai Chi - Studio 1 12:00 pm - Arthritis Aqua - Pool 1:00 pm - Gentle Yoga - Studio 2 6:00 pm - Tabata - Pool 5:00 pm - Arthritis Aqua - Pool 7:00 pm - Aqua Deep Water - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR Cycling! - Studio 3 10:00 am - Deep Water Mix - Pool 11:00 am - Fit Forever - Studio 3 11:30 am - Mat Pilates - Studio 2 12:00 pm - Arthritis Aqua - Pool 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Aquacise - Pool 1:00 pm - Hatha Yoga - Studio 2	9:00 am - Senior Splash - Pool 10:00 am - Aqua Fit Mix - Pool 10:15 am - Zumba Gold Tone - Studio 3 11:00 am - Aqua Yoga/Pilates - Pool 11:15 am - Body Pump 101 - Studio 1 12:00 pm - Arthritis Aqua - Pool	10:30 am - Zumba Gold - Studio 3 12:30 pm - Arthritis Aqua - Pool 4-7 pm - Pickleball - Tennis Courts 7-10
24	25	26	27	28	29
10:30 am - Zumba Gold w Wts. - Studio 3 11:30 am - Tai Chi - Studio 1 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Hatha Yoga - Studio 2	A VERY MERRY CHRISTMAS and Happy New Year!	9:00 am - Senior Splash - Pool 10:15 am - Zumba Gold Toning - Studio 3 10:30 am - Body Pump 101 - Studio 1 11:30 am - Tai Chi - Studio 1 12:00 pm - Arthritis Aqua - Pool 1:00 pm - Gentle Yoga - Studio 2 6:00 pm - Tabata - Pool 5:00 pm - Arthritis Aqua - Pool 7:00 pm - Aqua Deep Water - Pool	9:00 am - Arthritis Aqua - Pool 10:00 am - PWR Cycling! - Studio 3 10:00 am - Deep Water Mix - Pool 11:00 am - Fit Forever - Studio 3 11:30 am - Mat Pilates - Studio 2 12:00 pm - Arthritis Aqua - Pool 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Aquacise - Pool 1:00 pm - Hatha Yoga - Studio 2	9:00 am - Senior Splash - Pool 10:00 am - Aqua Fit Mix - Pool 10:15 am - Zumba Gold Tone - Studio 3 11:00 am - Aqua Yoga/Pilates - Pool 11:15 am - Body Pump 101 - Studio 1 12:00 pm - Arthritis Aqua - Pool	10:30 am - Zumba Gold - Studio 3 12:30 pm - Arthritis Aqua - Pool 4-7 pm - Pickleball - Tennis Courts 7-10
31					
10:30 am - Zumba Gold w Wts. - Studio 3 11:30 am - Tai Chi - Studio 1 12-3 pm - Pickleball - Tennis Courts 8&9 1:00 pm - Hatha Yoga - Studio 2					
Club Hours 7 am - 3 pm					
Club Hours 7 am - 3 pm					

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