

GFC CLASS SCHEDULE ----- SPRING/SUMMER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:45-10:45am SilverSneakers ® CLASSIC Rm A-1	9-9:45am SilverSneakers ® CIRCUIT Rm A-1	9:45-10:45am SilverSneakers ® CLASSIC Rm A-1	9-9:45 am ENERGIZE Rm A1	9-45-10:45am SilverSneakers CLASSIC Rm A-1	8-9am RPM SPINNING++ Rm A-2
		10-10.45am SilverSneakers ® YOGA Rm A-1		10-10:45am SilverSneakers ® YOGA Rm A-1		
	STRENGTH & BALANCE 1:30-2:15pm Rm A-1	STRENGTH & BALANCE 1:30-2:15pm Rm A-1	STRENGTH & BALANCE 1:30-2:15pm Rm A-1	STRENGTH & BALANCE 1:30-2:15pm Rm A-1		
	5:30 – 6:15pm RPM Spinning ++ Rm A-2	6-7pm PILATES/FUSION ++ Rm A-1	5:30-6:15pm RPM SPINNING ++ Rm A-2	5:30-6:15pm RPM SPINNING ++ Rm A-2		

Aerobic Room 1 – main classroom

Aerobic Room 2 – spinning classroom

++ Indicates additional fee

PLEASE NOTE: Instructor substitutions or class cancellations or time changes may occur with minimal advanced notice

CLASS DESCRIPTIONS: (INCLUDED IN BASIC MEMBERSHIP FEE)

ENER-GIZE: Active class consisting of: 45 minutes of cardio, weight training and core work using all the tools. (Open to all GFC members including active individuals with Prime, Renew & Active, SilverSneakers, Silver & Fit memberships)

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STRENGTH & BALANCE: This class is brought to you by Luzerne and Wyoming counties for the Area on Aging. Anyone 60 and over can enjoy this free class. Focus is on strengthening muscles, and improving balance and flexibility. Light weights, exerbands and small playballs will enhance the workouts. Class Times: Monday & Wednesday, 1:30-2:15pm and Tuesday & Thursday, 1:30-2:15pm.

Start your FUN! Sign up today

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SPECIALITY CLASSES: (additional fee)

RPM SPINNING -- "Rapid Pedal Movement" says it all! This action-packed indoor cycling class utilizes established training techniques to improve power, strength and endurance. Stretching & flexibility moves round out this class.

PILATES/FUSION – Mat-based Pilates class with a twist. One hour of signature Pilates core exercises on the mat, incorporating a variety of tools. (weights, balls, tubes, bands, etc.) Step up to the challenge—enjoy the results!!

SilverSneakers Programs: These classes and use of the fitness center is available free of charge to medicare-eligible members, (65 yrs. or older), who have medical insurance that is eligible for the program. Ask about eligibility.

SilverSneakers CLASSIC: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. (60 min)

SilverSneakers YOGA: SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. (45 min.) (Silver & Fit eligible)

SilverSneakers Circuit—Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact choreography. A chair is used for support, stretching and relaxation exercises. (45 min)

SILVER + FIT and RENEW /ACTIVE MEMBERS : All SilverSneakers classes and use of the main weight room and cardio room are available to medicare-eligible individuals who have medical insurance that is eligible for the program. (Ask staff about eligibility)