




Summer 2017

	8 – 9 a.m.	9 – 10 a.m.	10 – 11 a.m.	11 – 12 a.m.	12 - 1	1 – 2 p.m.	2 – 3 p.m.	3 – 4 p.m.	4 -5 p.m.	5 – 6 p.m.	6 – 7 p.m.	7 – 8 p.m.
Mon					Strength Training 12:10 – 12:55						Volleyball 6:00 – 7:45	
Tues	Zumba 8:00 – 8:50.				Strength Training 12:10 – 12:55					Yoga Basics 5:30 – 6:40 		
Wed										Kid's Karate (Cont Ed) 5:30 – 7:00	Rock Climbing (6:00 – 8:00) 	Women's Karate 7 – 8:00 (Cont Ed)
Thur	Zumba 8:00 – 8:50.				Strength Training 12:10 – 12:55					Yoga Basics 5:30 – 6:40 		
Fri	CLOSED											
Sat	CLOSED											
Sun	CLOSED											

Additionally, self-directed fitness options are available during the Summer:

Fitness Center Membership – register through the GBC Continuing Education Department:

Workout room is available during all regular Fitness Center Hours; gym is available when PEX classes are not in session.

Fitness center hours during the Summer: M - Th- 8 to 5; Closed Friday, Saturday and Sunday.