



JANUARY 2019

CLASSES

INTRO SERIES**

FOAM ROLLING - naturally loosens muscles & joints to add mobility & alleviate soreness

REVOLUTION - incorporates cycling & body weight exercises

SENIOR FIT - 50 & up plus all ages; lifestyle fitness, mobility, balance, flexibility, strength

HIIT - High Intensity Interval class 20-30 mins gets heart rate up, running & jumping, modified movements, body & light weights

BODY POWER - incorporates cycling & body weight exercises

AQUA FIT - water resistance aerobic exercise; bring suit & towel

Must pre-register for INTRO SERIES, cooking and group fitness classes @ GWC.
Call 845-3294 or visit vcparcs.com

See calendar for more from our Intro Series!

WALK AWAY THE #s

Follow along to these heart-healthy walking videos

WALK IT WEDNESDAYS

GWC indoor walking track, all day 5a-11p; 11 laps = 1 mile

FREEBIE FRIDAYS

Enjoy all that GWC has to offer ALL DAY for FREE

Our classes are meant for any level of fitness and can be modified for everyone.
Arrive early to chat w/ instructor.

LOCATIONS

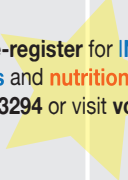

GWC - Gaukler Wellness Center

HAC - Hi-Liner Activity Center

REC - VC Parks & Rec Center

b-Fit 24/7 - 323 Central Ave N

Don't forget to check in at the front desk! Just tell them you're an OTM member!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		 ON THE MOVE begins!				
Must pre-register for INTRO SERIES, group fitness and nutrition classes @ GWC. Call 845-3294 or visit vcparcs.com **			WALK IT WEDS @ GWC AQUA FIT INTRO 515p @ GWC b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC FREEBIE FRI @ GWC FOAM ROLLING 1p @ GWC** b-Fit 24/7 FREE 1-4p	BODY POWER 7a @ GWC**	
6	7	8	9	10	11	12
CYCLING 1p @ GWC**	WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC REVOLUTION 5p @ GWC** INTRO YOGA 530p @ GWC** b-Fit 24/7 FREE 1-4p GWC Tours 5-7p	WALK IT WEDS @ GWC b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC REVOLUTION 610a @ GWC** b-Fit 24/7 FREE 1-4p	FREEBIE FRI @ GWC b-Fit 24/7 FREE 1-4p	Equipment Orientation 1p @ GWC
13	14	15	16	17	18	19
INTRO TO AQUA 10a @ GWC** INTRO TO YOGA 1p @ GWC**	WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC REVOLUTION 5p @ GWC** b-Fit 24/7 FREE 7-8a GWC Tours 5-7p	WALK IT WEDS @ GWC SENIOR FIT 10a @ GWC** b-Fit 24/7 FREE 1-4p Nutrition Class: Popular Diets: Healthful? 2p @ Legacy Place	WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p Nutrition Class: Is coffee good for you? 7p @ BC Museum	FREEBIE FRI @ GWC b-Fit 24/7 FREE 7-8a	BODY POWER 7a @ GWC** HIIT CLASS 9a @ GWC**
20	21	22	23	24	25	26
	NO SCHOOL no WA #s b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p GWC Tours 5-7p	WALK IT WEDS @ GWC FOAM ROLLING 430p @ GWC** b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC INTRO TO YOGA 530p @ GWC** b-Fit 24/7 FREE 1-4p Nutrition Class: Concept Cooking - Salads 5p @ GWC Party Room**	FREEBIE FRI @ GWC b-Fit 24/7 FREE 1-4p	REVOLUTION 10a @ GWC**
27	28	29	30	31		
CYCLING 1p @ GWC** Equipment Orientation 1p @ GWC	WA #s 11:30a @ HAC PICKLE BALL 7-830p @ REC b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p GWC Tours 5-7p	WALK IT WEDS @ GWC CYCLING 430p @ GWC** b-Fit 24/7 FREE 1-4p	WA #s 11:30a @ HAC b-Fit 24/7 FREE 1-4p		