**New Saturday Morning Schedule:**

7:00am – 7:35am Muscle Shark

7:45am – 8:20am Muscle Shark

8:30am – 9:05am: Muscle Shark

9:15am – 10:00am: Super Saturday Skills Session

**Super Saturday Skills**

Looking to master a new skill? This is the class for you! I Super Saturday Skills Session is a 45-minute offering that focuses on an advanced movement used in our large group training programming. We’ll break down the components, and safely teach you the steps to learn some of our more complicated movements such as advanced gymnastics and Olympic weightlifting movements. This class is offered every Saturday morning and rotates to feature a different movement every week, and is free for all of our members to attend!

**Advanced Massage Therapy**

Have a nagging muscular issue that just won’t go away, no matter what you try? Our massage therapist, Scott Corliss is just the guy to see. Scott is an advanced massage therapist who specializes in getting clients out of pain and back into the gym. With deep knowledge of the human body, and how it works in our programming style, Scott is uniquely positioned to provide fast, and effective therapy that rivals any other therapy on the market today. Scott practices right out of the GBSC facility and offers appointments to GBSC members only, making him an efficient, and effective solution!

**FYI:** his online calendar can be accessed here: gbcfmassage.com, which will give you more info about is offerings!