

Monday	STEP & Strength 6:00-7:00am	Circuit Training 9:15-10:25am	Gentle Arthritis Exercise* 10:00-10:30am (Upstairs)	Body Combat 10:30-11:25am	Basic Step* 11:30-12:30pm Abs & Glutes* 12:30-1:00pm	Booty School 4:00-4:25pm	Kickbox Boot Camp 4:30-5:25pm	Dance Attack 5:30-6:30pm	Zumba 6:40-7:40pm	Bosu Abs & Glutes 7:45-8:15pm	
	Yoga 6:00-7:00am	Chi Kung* 7:10-7:55am	Tai Chi From The Arthritis Foundation* 8:00-8:55am	Step & Strength 9:30-10:30am	Nothing But Abs 10:30-10:50am	Simply Stretch* 11:30-12:15pm	Yoga 12:15-1:15pm	Body Combat 4:00-5:00pm Bosu Abs & Glutes 5:00-5:50pm	Dance Attack 6:00-6:55pm	Kickbox Circuit 7:00-8:15pm	Super Set Conditioning 8:15-9:00pm
Wednesday	STEP & Strength 6:00-7:00am	Cardio Party Mashup 9:30-10:30am	Gentle Arthritis Exercise* 10:00-10:30am (Upstairs)	Nothing But Abs 10:30-10:50am	Cardio Lo 11:00-11:45am	Abs & Glutes* 11:45-12:15pm	Dance Attack 4:30-5:30pm	Advanced Step & Strength 5:30-6:30pm	Sports Conditioning 6:45-8:05pm	Yoga Level II 7:00-8:30pm (upstairs)	Zumba 8:15-9:15pm
Thursday	Yoga 6:00-7:00am	Tai Chi From The Arthritis Foundation* 8:00-8:55am	Advanced Step Interval 9:00-10:15am	Bosu Abs & Glutes 10:30-11:15am	Fit Kids Junior 10:30-11:15am (upstairs)	Simply Stretch* 11:30-12:15pm	Yoga 12:15-1:15pm	Jump Rope Training 5:00-5:30pm Nothing But Abs 5:35-5:55pm	Dance Attack 6:00-6:55pm	Kickbox Circuit 7:00-8:00pm	
	Chi Kung* 7:10-7:55am										
Friday	STEP & Strength 6:00-7:00am	STEP Interval 9:30-10:45am	Cardio Fusion 11:00-12:00pm	Abs & Glutes* 12:00-12:30pm	STEP 5:00-5:55pm	Abs On The Ball 6:00-6:20pm (upstairs)	Yoga 6:00-7:15pm				
Saturday	Cardio Party Mashup 9:00-10:00am	Dance Attack Learn the Moves 9:30-10:25am (upstairs)	Nothing But Abs 10:00-10:20am	Dance Attack 10:30-11:45am	Boot Camp for Kids 12:30-1:30pm	Body Combat 3:00-4:00pm	Zumba 4:00-5:00pm	Member Hour 5:00-6:00pm			
Sunday	Member Hour 12:00-1:00pm	Zumba 1:00-2:00pm	Zumbatomic (little stars) 2:15-2:45pm	Zumbatomic (big stars) 2:50-3:20pm	Zumba 4:00-5:00pm	Bosu Abs 5:10-5:30pm	Advanced STEP 5:30-6:25pm	Yoga 6:30-8:00pm	Zumba 8:15-9:15pm		

\* Appropriate for beginning participants  
Schedules at GHFC.com  
377-4955  
CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE

**ABS & GLUTES--** A 30-min. class that emphasizes the abdominal and gluteus muscles. Bosu balance trainer may be used.

**BASIC STEP-** This workout is designed for those new to step, the young at heart, or anyone needing slower paced movement.

**BOOT CAMP FOR KIDS--**(9-12 year olds) A youth friendly fitness class using jump ropes, steps, agility ladders & stability balls-all to the tempo of their favorite music.

**BOOTY SCHOOL-** All the best moves like: plie squats, jump lunges, deadlifts, plyometrics, swiss ball leg curls, & more are just a few exercises to give you curves and shape.

**BODY COMBAT-**Supported by driving music, this fiercely energetic program is inspired by martial art disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

**CIRCUIT TRAINING--**A variety class to enhance cardiovascular fitness, muscular strength, flexibility and balance.

**CARDIO FUSION-**Get it all done at once. A fusion of basic cardio and strength training.

**CARDIO LO--** A perfect blend of choreographed and basic low impact movements.

**CARDIO PARTY MASHUP--**This heart pumping class incorporates everything: kick boxing, plyometrics, jump roping, sprinting, and agility drills all in a very athletic interval format.

**CHI KUNG--**Learn simple exercises to increase energy and improve the health & harmony of mind and body. Good for all fitness levels.

**DANCE ATTACK--**A low impact class with choreographed routines that will bring out the dancer in you! Please note: appropriate aerobic shoes are required.

**DANCE ATTACK-LEARN THE MOVES--**We break down the routines used in Dance Attack. Bring your requests to this class.

**FitKids Jr.--**(3-5 year olds) Fitness fun for kids! This teaches your children about coordination, flexibility, teamwork, relaxation and healthy lifestyle habits.

**GENTLE ARTHRITIS EXERCISE--**For people with limited mobility and/or function due to arthritis. The class uses gentle activities to help increase joint flexibility, range of motion, and maintain muscular strength.

**JUMP ROPE TRAINING-** Why does every boxer swear by it? Come discover for yourself. This 30 min. workout includes cardio, strength, and agility training to give you amazing results.

**KICKBOX BOOT CAMP/ CIRCUIT-** These challenging workouts combine traditional kickboxing moves with everything from plyometric drills to jump roping. Improve your speed, agility, & strength.

**MEMBER HOUR- Please note:** a certified instructor is not present in this class. Members assume their own risk.

**NOTHING BUT ABS/ABS ON THE BALL/BOSU ABS--** 20-30 minutes focusing on the abdominal muscles.

**SIMPLY STRETCH--**A stretch class for flexibility and improving range of motion. Modifications are shown to accommodate all fitness levels.

**SPORTS CONDITIONING--**A challenging cross-training class with an emphasis on functional exercises. This is an athletically demanding class without dance choreography.

**STEP--**A low impact cardiovascular workout utilizing a STEP. Our advanced STEP classes offer more challenging choreography for the advanced stepper.

**STEP INTERVAL--** A great combination of cardio & muscle. Basic step movements alternating with strength work. Our advanced class offers challenging choreography.

**STEP & Strength--**For an awesome cardio and strength workout all in one, try this combo class integrating high energy step with intense strength training. Level of choreography will vary with instructor.

**SUPER SET CONDITIONING-**Designed to challenge your body & promote lean muscle mass.

This fast-paced strength classes utilizes a wide range of equipment including the Bosu, resistance bands and free weights.

**TAI CHI FROM THE ARTHRITIS FOUNDATION--** Created especially for people with arthritis. The slow & gentle movements can be adjusted to suit individual fitness levels. All ages are welcome.

**YOGA--**This class utilizes specific postures, breathing techniques and relaxation to develop muscular strength, flexibility and body awareness.

**YOGA LEVEL II--**In this class we will be exploring more advanced asanas which are only suitable for experienced yoga participants.

**ZUMBA--**The "fun and easy to do" workout. A fusion of Latin and international dance themes that create a dynamic and effective fitness class with rhythmic music that will make you want to move.

**ZUMBATICOM-**We incorporate dance, games, interaction among kids. It's about making fitness a natural part of their lives. Little stars-4-7 year olds, Big stars are 8-12 year olds