

Monday	StreetWalkers* 8:30-9:30am	Yoga 8:30-9:30am	Pure Muscle 9:45-10:45am	Simply Stretch* 10:45-11:15am	Body Pump 12:00-1:15pm	Zumba Toning 4:00-4:55pm	Abs & Booty Camp 5:15-6:00pm	Power Cardio* 6:00-7:00pm	Body Pump 7:00-8:15pm	Yoga 8:15-9:15pm		
Tuesday	Yoga Level 1* 8:15-9:15am	Zumba 9:30-10:30am	Yoga 1:00-2:00pm	Bosu Training 4:30-5:15pm	Hard Core & More 5:15-6:00pm	5-Step Program 6:00-7:00pm						
Wednesday	StreetWalkers* 8:30-9:30am	Yoga 8:30-9:30am Body Pump 9:45-11:00am	Tai Chi* (coed class) 11:00-12:00pm	FitKids 3:00-3:45pm	Boot Camp for Kids 4:00-4:45pm	Abs & Glutes* 5:00-5:30pm	STEP Interval 5:30-6:15pm	Body Pump 6:30-7:30pm	Yoga 8:15-9:15pm			
Thursday	Yoga Level 1* 8:15-9:15am	Yoga 1:00-2:00pm	Zumbatomic (little stars) 3:15-3:45pm	Zumba 4:00-5:00pm	Ab-bosu-lutely 5:15-6:00pm	Body Pump (Coed Class) 6:15 - 7:15 pm						
Friday	StreetWalkers* 8:30-9:30am	Yoga 8:30-9:30am	Body Pump 9:45-10:45am	Zumba 11:00am-12:00pm	Yoga 2:00-3:00pm	Bosu/Circuit Training 5:00-5:50pm	Body Pump (coed class) 6:00-7:00pm				<p>* Appropriate for beginning participants</p> <p>Schedule Available at GHFC.com</p> <p>374-4634</p> <p>CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE</p>	
Saturday	Step 9:00-10:00am	Simply Stretch* 10:00-10:40am	Power Cardio* 10:45-11:45am	Yoga Plus 12:00-1:30pm	Body Pump (coed class) 4:00-5:00pm							

ABS & BOOTY CAMP-- Focus is on strengthening abdominals & lower body.

AB-BOSU-LUTELY--Get a great cardio workout using weights & a Bosu for core conditioning.

BODY PUMP-RESISTANCE WITH RHYTHM! --A strength training workout using barbells and adjustable weights. This 60 min. class works all major muscle groups and is appropriate for all fitness levels.

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.

BOSU TRAINING-Shape and strengthen every part of your body using hand weights, tubes and or bands and working on the inflated dome side of the Bosu balance trainer.

HARD CORE & MORE--A hard core fast-paced, non-choreographed conditioning class taught in a structured environment using a step & core-centric movements.

FitKids--(5-8 year olds) Fitness fun for kids! This class will teach your children about coordination, flexibility, teamwork, relaxation and healthy lifestyle habits.

5-STEP PROGRAM--A conditioning class to challenge your fitness level for muscular strength and cardio capacity

PILATES--A progressive series of exercises designed to strengthen core muscles, improve flexibility & strength, and create balance in the body. (Purchase class pass at front desk. Your first class is FREE)

POWER CARDIO-- Pure cardio. This 60 min. low impact class has easy to follow combinations making it a great workout for all.

PURE MUSCLE--A muscle conditioning class emphasizing proper body mechanics and alignment while strengthening the entire body.

SIMPLY STRETCH--Relax and focus on flexibility training.

STEP--A low impact cardiovascular workout utilizing a STEP. This class consists of stepping up and down on a platform in a variety of creative patterns. Our advanced STEP classes offer more challenging choreography for the advanced stepper.

STEP INTERVAL- A great combination of cardio and muscle. Basic-intermediate step movements alternating with strength work.

STREET WALKERS--Get outside for a vigorous 4-mile power walk with an option for beginners. Includes a warm up, cool down and plenty of socializing.

Tai Chi-A graceful Chinese exercise program that increases muscular strength, enhances range of motion and improves balance & flexibility. All levels are welcome.

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

YOGA PLUS-- 30 minutes of Yoga Nidra or yoga relaxation followed by one hour of specific yoga postures

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.

ZUMBATOMIC-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.

ZUMBA TONING--Take Zumba to the next level! Using light weight sticks, this challenging workout helps build coordination and muscle endurance