

Monday	Yoga 6:00-7:00am Yoga Pilates Studio	Simply Stretch* 8:45-9:15am	Yoga 9:30-10:30am Yoga Pilates Studio	Bosu Training 9:30-10:15am	Body Flow 10:30-11:30am	Tai Chi * 12:00-1:00pm	Yoga 5:00-6:00pm	Zumba 6:00-7:00pm
								Body Flow 7:15-8:15pm
Tuesday	Cardio Explosion 8:30-9:15am	Abs & Glutes* 9:15-9:45am	Fit Kids Jr. (3-5 yrs.) 10:30-11:15am	Vinyasa Yoga- Level II 4:15-5:30pm Yoga Pilates Studio	Pure Muscle <i>With Bosu</i> 5:00-5:30pm	Abs & Glutes* 6:30-7:00pm	Body Flow 7:00-8:00pm	Zumba 8:15-9:15pm
					Step Training 5:30-6:30pm			
Wednesday	Yoga 6:00-7:00am	Body Flow 8:30-9:30am	Yoga 9:30-10:30am Yoga Pilates Studio	Power Cardio 9:30-10:15am	Yoga 11:00-12:00pm	Zumbatomic (little stars) 3:00-3:30pm	Power Circuit 4:30-5:30pm	Body Flow 6:30-7:30pm
				Bosu Training 10:15-10:55am		Zumbatomic (big stars) 3:45-4:15pm	Zumba 5:30-6:30pm	
Thursday	Cardio Explosion 8:30-9:15am	Abs & Glutes* 9:15-9:45am	Abs & Glutes 5:00-5:30pm	Zumba 5:30-6:25pm	Body Flow 6:30-7:30pm			
Friday	Yoga 6:00-7:00am	Body Flow 8:30-9:30am	Circuit Training 9:30-10:30am	Yoga 11:00-12:30pm	Bosu Abs & Glutes 5:30-6:00pm	Zumba 6:00-7:00pm		
Saturday	Body Flow 9:00-10:00am	Bosu Training 10:15-11:00am	Body Flow 11:00-12:00pm	FitKids 12:30-1:15pm				

**ABS & GLUTES**-- A 30-min. class that emphasizes the abdominal and gluteus muscles.

**BODY FLOW**—The Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves & poses to music.

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

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

**CIRCUIT TRAINING**-This cross training class has it all. Intervals of cardio, strength & flexibility for all fitness levels.

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

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

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

**POWER CIRCUIT**--This high intensity class alternates athletic style cardio moves with strength training circuits.

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

**SIMPLY STRETCH**--Relax and focus on flexibility training.

**STEP TRAINING**--Cardio, energy, & fun is the focus in this class. Creative step moves to burn fat & keep you coming back for more. Great for all fitness levels.

**TAI CHI**--Gentle meditative movements with emphasis on balance & body awareness. All levels welcome.

**VINYASA YOGA II**--Emphasis is on body awareness with the synchronization of breath & movement. Each (asana) flows fluidly & dynamically into the next. Proficiency with basic yoga postures (asanas) is required for this class.

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

**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.

Schedule available at [GHFC.com](http://GHFC.com)  
692-2180

\*Appropriate for beginning participants

CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE