

<b>Monday</b>	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		
<b>Tuesday</b>	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	Get On The Ball 6:00-6:45pm						
<b>Wednesday</b>	Body Pump 6:00-7:00am	Yoga 8:30-9:30am	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			
	StreetWalkers* 8:30-9:30am	Body Pump 9:45-11:00am										
<b>Thursday</b>	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						
<b>Friday</b>	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><b>Schedule Available at GHFC.com</b></p> <p><b>374-4634</b></p> <p>CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE</p>
<b>Saturday</b>	Zumba 8:45-9:45am	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.

**GET ON THE BALL--**Increase muscular strength and endurance utilizing soft weighted balls.

**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. The optional weighted sticks are available for purchase at women's center front desk.