



-Tioga Town Center

Effective 6-1-10

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 4:50-5:50pm	Zumba 6:00-7:00pm
								Body Flow 7:05-8:05pm
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 Abs & Glutes 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
692-2180

*Appropriate for beginning participants

CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE