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|------------------|-------------------------------|--|--|--|--|---------------------------------|------------------------------------|---------------------------------------|--|---------------------|--|--|
| <b>Monday</b>    | StreetWalkers*<br>8:30-9:30am | Yoga<br>8:30-9:30am  | Pure Muscle<br>9:45-10:45am                            | Simply Stretch*<br>10:45-11:15am       | Body Pump<br>12:00-1:15pm                | Zumba Toning<br>4:00-4:55pm     | Abs & Booty Camp<br>5:15-6:00pm    | Power Cardio*<br>6:00-7:00pm          | Body Pump<br>7:00-8:15pm   | Yoga<br>8:15-9:15pm |  |  |
| <b>Tuesday</b>   | Yoga Level 1*<br>8:15-9:15am  | Zumba<br>9:30-10:30am  | Pilates Mat (Beginner / Intermediate)<br>11:00-12:15pm | Yoga<br>1:00-2:00pm                    | Vinyasa Yoga Level II<br>4:00-5:25pm     | Hard Core & More<br>5:30-6:15pm | Get On The Ball<br>6:15-7:00pm     | Flirty Girl Fitness<br>7:15-8:15pm    |  |                     |  |  |
| <b>Wednesday</b> | Body Pump<br>6:00-7:00am      | StreetWalkers*<br>8:30-9:30am                                  | Yoga<br>8:30-9:30am                                    | Tai Chi* (coed class)<br>11:00-12:00pm | Zumba<br>12:15-12:55pm                   | Abs & Glutes*<br>5:00-5:30pm    | Circuit Training<br>5:30-6:15pm    | Body Pump<br>6:30-7:30pm              | Yoga<br>8:15-9:15pm  |                     |  |  |
|                  |                               |  | Body Pump<br>9:45-11:00am                              |  | FitKids<br>3:00-3:45pm                   |                                 |                                    |                                       |  |                     |  |  |
| <b>Thursday</b>  | Yoga Level 1*<br>8:15-9:15am  | Pilates Mat with props (Beginner/Intermediate)<br>9:30-10:30am | Pilates Mat (Intermediate/Advanced)<br>11:00-12:15pm   | Yoga<br>1:00-2:00pm                    | Zumbatomic (little stars)<br>3:15-3:45pm | Zumba<br>4:00-5:00pm            | Ab-bosu-lutely<br>5:15-6:00pm      | Body Pump (Coed Class)<br>6:15-7:15pm |  |                     |  |  |
| <b>Friday</b>    | StreetWalkers*<br>8:30-9:30am | Yoga<br>8:30-9:30am  | Body Pump<br>9:45-10:45am                              | Zumba<br>11:00am-12:00pm               | Zumba<br>12:15-12:55pm                   | Yoga<br>2:00-3:00pm             | Flirty Girl Fitness<br>5:00-5:55pm | Body Pump (coed class)<br>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><b>CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE</b></p> |                     |  |  |
| <b>Saturday</b>  | Zumba<br>8:45-9:45am          | Simply Stretch*<br>10:00-10:40am                               | Power Cardio*<br>10:45-11:45am                         | Yoga Plus<br>12:00-1:30pm              | Body Pump (coed class)<br>4:00-5:00pm    |                                 |                                    |                                       |  |                     |  |  |

**ABS & GLUTES**-- This class emphasizes the abdominal and gluteus muscles. Bosu balance trainer may be used.

**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 60min. class works all major muscle groups and is appropriate for all fitness levels.

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

**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.

**Flirty Girl Fitness**--Here is your chance to be a star. This program is fun, effective, sexy & simple. Easy to learn dance routines provide the perfect combo of cardio & strength training.

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

**PILATES MAT**--A progressive series of exercises designed to strengthen core muscles, improve flexibility & strength, and create balance in the body.

**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. Please note: This class involves floor & standing exercises.

**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.

**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. Please note: This class involves floor & standing exercises.

**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.