

Monday	STEP & Strength 6:00-7:00am	Body Combat 9:00-10:00am <small>(class begins 9/19/11)</small>	Gentle Arthritis Exercise* 10:00-10:30am <small>(Upstairs)</small>	Zumba Toning 10:30-11:25am	Basic Step* 11:30-12:30pm Abs & Glutes* 12:30-1:00pm	Booty School 4:00-4:25pm	Kickbox Boot Camp 4:30-5:25pm	Body Combat 5:30-6:30pm	Zumba 6:35-7:30pm	Bosu Abs & Glutes 7:40-8:10pm	Zumba 8:15-9:15pm
Tuesday	Yoga 6:00-7:00am	Tai Chi* 8:00-8:55am	Step & Strength 9:30-10:30am	Nothing But Abs 10:30-10:50am	Simply Stretch* 11:15-12:00pm	Yoga 12:15-1:15pm	Body Combat 4:00-5:00pm	Pure Muscle 5:00-5:50pm	Dance Attack 6:00-6:55pm	Kickbox Circuit 7:00-8:15pm	Super Set Conditioning 8:15-9:00pm
Wednesday	STEP & Strength 6:00-7:00am	Cardio Party Mashup 9:30-10:30am	Gentle Arthritis Exercise* 10:00-10:30am <small>(Upstairs)</small>	Booty School 10:35-10:55am	Power Cardio 11:00-11:45am	Abs & Glutes* 11:45-12:15pm	Upper Body Chisel 5:00-5:25pm	Body Combat 5:30-6:30pm	Sports Conditioning 6:40-8:00pm	Zumba 8:15-9:15pm	
Thursday	Yoga 6:00-7:00am	Tai Chi* 8:00-8:55am	Zumba 9:30-10:25am	Bosu Abs & Glutes 10:30-11:15am	Fit Kids Junior 10:30-11:15am <small>(upstairs)</small>	Dynamic Stretch* 11:15-12:00pm	Yoga 12:15-1:15pm	Body Combat 4:00-5:00pm	Jump Rope Training 5:00-5:30pm Booty School 5:30-5:55pm	Dance Attack 6:00-7:00pm	Zumba 7:15-8:15pm
Friday	STEP & Strength 6:00-7:00am	Zumba Toning 8:30-9:25am	STEP Interval 9:30-10:45am	Cardio Fusion 11:00-12:00pm	Abs & Glutes* 12:00-12:30pm	STEP 5:00-5:55pm	Abs On The Ball 6:00-6:20pm <small>(upstairs)</small>	Power Vinyasa Flow 6:00-7:15pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>* Appropriate for beginning participants Schedules at GHFC.com 377-4955 <small>CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE</small></p> </div>		
Saturday	Cardio Party Mashup 9:00-10:00am	Nothing But Abs 10:00-10:20am	Dance Attack-Learn the moves <small>(upstairs)</small> 9:30-10:25am <small>(1st & 3rd Sat.)</small>	Dance Attack 10:30-11:45am	Boot Camp for Kids (9-12 yrs) 12:30-1:30pm	Body Combat 3:00-4:00pm	Zumba 4:00-5:00pm				
Sunday	Member Hour 12:00-1:00pm	Zumba 1:00-2:00pm	Zumbatomic 2:15-2:55pm	Zumba Toning 3:00-4:00pm	Zumba 4:00-5:00pm	Bosu Abs 5:10-5:30pm	Advanced STEP 5:30-6:25pm	Yoga 6:30-8:00pm	Zumba 8:15-9:15pm		

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

BASIC STEP- This workout is designed for those new to step, the young at heart, or anyone needing slower paced movement.

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.

BOOTY SCHOOL- All the best moves like:plie squats, jump lunges, deadlifts, plyometrics & more are just a few exercises to give you curves and shape.

BODY COMBAT-Supported by driving music, this fiercely energetic program is inspired by martial art disciplines such as karate, boxing, taekwondo, tai chi and muay thai.

CARDIO FUSION-Get it all done at once. A fusion of basic cardio and strength training.

CARDIO PARTY MASHUP--This heart pumping class incorporates everything: kick boxing, plyometrics, jump roping, sprinting, and agility drills all in a very athletic interval format.

DANCE ATTACK--A low impact class with choreographed routines that will bring out the

dancer in you! Please note: appropriate aerobic shoes are required.

DYNAMIC STRETCH--An athletic stretch class that combines speed of movement, momentum and balance.

FitKids Jr.--(3-5 year olds) Fitness fun for kids! This teaches your children about coordination, flexibility, teamwork, relaxation and healthy lifestyle habits.

GENTLE ARTHRITIS EXERCISE--For people with limited mobility and/or function due to arthritis. The class uses gentle activities to help increase joint flexibility, range of motion, and maintain muscular strength.

JUMP ROPE TRAINING- Why does every boxer swear by it? Come discover for yourself. This 30 min. workout includes cardio, strength, and agility training to give you amazing results.

KICKBOX BOOT CAMP/ CIRCUIT-These challenging workouts combine traditional kickboxing moves with everything from plyometric drills to jump roping. Improve your speed, agility, & strength.

MEMBER HOUR- *Please note: a certified instructor is not present in this class. Members assume their own risk.*

NOTHING BUT ABS/ABS ON THE BALL/BOSU ABS-- 20-30 minutes focusing on the abdominal muscles.

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

great workout for all.

POWER VINYASA FLOW--A vigorous yoga practice that focuses on strength & flexibility. Power Vinyasa Flow promotes body awareness with the synchronization of breath & movement. Take yourself to your personal edge with this fun and challenging class.

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

SPORTS CONDITIONING--A challenging cross-training class with an emphasis on functional exercises. This is an athletically demanding class without dance choreography.

STEP--A low impact cardiovascular workout utilizing a STEP. Our advanced STEP classes offer more challenging choreography for the advanced stepper.

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

STEP & Strength--For an awesome cardio and strength workout all in one, try this combo class integrating high energy step with intense strength training.

SUPER SET CONDITIONING-Designed to challenge your body & promote lean muscle mass. This fast-paced strength class utilizes a wide range of equipment including the Bosu, resistance bands and free weights.

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

Upper Body Chisel--Get the sculpted arms & shoulders you've always wanted. Focus is on shoulders, back, biceps, triceps and core for sleek sexy arms, good posture and overall leaner appearance.

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.

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.

ZUMBATICOM-We incorporate dance, games, interaction among kids. It's about making fitness a natural part of their lives. Ages 12 and under.

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.