

<b>Monday</b>	Yoga 6:00-7:00am	Simply Stretch* 8:00-8:30am	Abs & Glutes 8:30-9:00am	Circuit Training 9:00-10:00am	Tai Chi * 12:00-1:00pm	Yoga 4:50-5:50pm	Pilates Mat with Props (Beginner / Intermediate) 6:15-7:15pm	Body Flow 7:05-8:05pm
				Yoga 10:15-11:30am		Zumba 6:00-7:00pm		
<b>Tuesday</b>	Yoga 7:30-8:30am	Zumba Toning 8:45-9:45am	Fit Kids Jr. (3-5 yrs.) 10:00-10:45am	Zumba 11:00-12:00pm	Pure Muscle 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			
<b>Wednesday</b>	Yoga 6:00-7:00am	Body Flow 8:30-9:30am	Power Cardio 9:30-10:15am	Pure Muscle 10:15-10:55am	Yoga 11:00-12:00pm	Zumatonic (little stars) 3:10-3:40pm	Power Circuit 4:30-5:30pm	Body Flow 6:30-7:30pm
	Simply Stretch* 8:00-8:30am					Zumatonic (big stars) 3:45-4:15pm		
<b>Thursday</b>	Core Conditioning 8:10-8:30am	Step & Strength 8:30-9:30am	Body Flow 9:30-10:30am	Pure Muscle 10:30-11:15am	Abs & Glutes 5:00-5:30pm	Pilates Mat (Beginner / Intermediate) 5:15-6:15pm	Zumba 5:30-6:25pm	Body Flow 6:30-7:30pm
<b>Friday</b>	Yoga 6:00-7:00am	Simply Stretch* 8:00-8:30am	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	
<b>Saturday</b>	Body Flow 9:00-10:00am	Cardio & Core Bosu 10:15-11:15am	Body Flow 11:15-12:15pm	FitKids 12:30-1:15pm				

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

**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.

**CARDIO & CORE BOSU**--A cardio conditioning class with functional integrated movement, dynamic balance, core training & stretching.

**CORE CONDITIONING**--Be prepared for exercises that strengthen your abdominals & lower back muscles improving posture, balance and strength.

**CIRCUIT TRAINING**--This cross training class has it all. Intervals of cardio, strength & flexibility for all fitness levels (may be held outside).

**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.

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

**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 (may be held outside).

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

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

**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.

**YOGA LEVEL II**--In this class we will be exploring more advanced asanas which are only suitable for experienced yoga participants.

**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 front desk.

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

\*Appropriate for beginning participants