



# Small Group-Tioga Town Center

Effective 7-6-09

Monday	Tammy Boot Camp 6:00am							
Tuesday	Beth School of Strength 6:00am	Corissa School Of Strength 10:15am						
Wednesday	Tammy Boot Camp 6:00 am							
Thursday	Beth School of Strength 6:00am	Beth School of Strength 10:30am						
Friday	Tammy Boot Camp 6:00 am							

**Schedule available  
at GHFC.com**  
 CLASSES AND TIMES ARE  
 SUBJECT TO  
 CHANGE WITH PROPER NOTICE  
 Call 692-2180 For Details

### Boot Camp

Boot Camp is all about commitment, dedication, and effort. It's for those who want to work at the next level to get next level results. What do you get for all this effort??? Energy all day, a fast metabolism, an all natural high, and a faster, stronger, leaner body. Feed off the energy of the outstanding instructors and the camaraderie of the other recruits, all with one common goal: RESULTS.

### School of Strength

Total focus is on teaching you proper technique for best results in your strength workout. Learn the latest exercises that will shape & tone your entire body for improved strength, more muscle and a higher metabolism. Featuring Kinesis, the revolutionary new way to perform an infinite variety of functional movements that promote strength, stability, and flexibility.



# Small Group-Main Center

Effective 7-6-09

Monday	Matt M. Boot Camp	Pam School of Strength 9:00am	Pam School Of Strength 12:00pm	Misti-School of Strength 5:30pm	Coleman -Boot Camp- 6:00pm	Nolle School of Strength 6:00pm	Misti School of Strength 6:45pm	Nolle Summer Body 7:00pm
	Robin School of Strength 6:00am							
Tuesday	Tammy Boot Camp 6:00am	Brandon Kettlebell Basics 10:00am	Misti School of Strength 11:00am	Misti School of Strength 5:15pm	Rod Boot Camp 6:00pm			
Wednesday	Matt M. Boot Camp	Pam School of Strength 9:00am	Coleman Boot Camp 6:00pm	Misti School of Strength 6:00 pm	Nolle School of Strength 6:00pm	Nolle Summer Body 7:00pm		
	Robin School of Strength 6:00am							
Thursday	Tammy Boot Camp 6:00am	Misti School of Strength 5:15pm	Rod Boot Camp 6:00pm					
Friday	Robin School of Strength 6:00am	Pam School of Strength 9:00am	Andy Boot Camp 6:00pm					
							<b>Schedule available at GHFC.com</b> CLASSES AND TIMES ARE SUBJECT TO CHANGE WITH PROPER NOTICE Call 377-4955 for more information	

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### Kettlebell Basics

Blast calories and build strength with kettlebell training. Increase power and endurance by teaching the body to use momentum to its full potential. Perfect for any fitness level.

### Summer Body Ready

It's time to ditch the cover up and hit the sand and surf, in your bathing suit. Burn fat and tone your body with a blend of strength & endurance training to get you beach bod ready. Be warned: routines will change each week to keep you on your toes.

### School of Strength

Total focus is on teaching you proper technique for best results in your strength workout. Learn the latest exercises that will shape & tone your entire body for improved strength, more muscle and a higher metabolism.

Monday	Shelly School of Strength 11:00am	Shelly Summer Body 5:00pm	Erin/Jamie Ultimate Get Fit 6:00pm					
Tuesday	Pam School of Strength 6:00pm							
Wednesday	Shelly School of Strength 11:00am	Shelly Summer Body 5:00pm	Erin/Jamie Ultimate Get Fit 6:00pm					
Thursday	Pam School of Strength 6:00pm							
Friday	Erin/Jamie Ultimate Get Fit 6:00pm							
Saturday	Beth School of Strength 8:00am							

**Schedule available at GHFC.com**

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**Ultimate Get Fit**

100% Calorie Burning Hit every muscle group as you burn calories zipping through stations of different fitness equipment from Smart Bells® to BOSUs® to medicine balls to jump ropes. A perfect blend of cardio and strength-training for a strong, sleek body. This 4-week program is held outdoors and is led by a team of nationally certified personal trainers.

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