



Small Group-Tioga Town Center

Effective 10-5-09

Monday	Tammy Boot Camp 6:00am							
Tuesday	Beth School of Strength 6:00am							
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							
Saturday	Darlene School of Strength 10:00am							

**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.

Dance Definition

Experience a program like no other- a sizzling hot workout combining Zumba, Hip Hop, Pop and Street dance with body defining weight training. Dance your butt off and get lean and strong.



Small Group-Main Center

Effective 10-5-09

Monday	Haby Boot Camp 6:00am	Marlon New You 6:00am	Pam School of Strength 9:00am	Pam School Of Strength 12:00pm	Misti School of Strength 5:30pm	Haby Boot Camp 6:00pm	Misti School of Strength 6:45pm	Nolle School of Strength 7:00pm
Tuesday	Matt Boot Camp 6:00am		Misti School of Strength 11:00am	Misti School of Strength 5:15pm	Matt Boot Camp 6:00pm	Nolle Wedding Ready 7:00pm		
Wednesday	Matt Boot Camp 6:00am	Marlon New You 6:00am	Pam School of Strength 9:00am	Nolle School of Strength 10:15am	Matt Boot Camp 6:00pm	Misti School of Strength 6:00 pm	Nolle School of Strength 7:00pm	
Thursday	Matt Boot Camp 6:00am		Misti School of Strength 5:15pm	Matt Boot Camp 6:00pm	Nolle Wedding Ready 7:00pm			
Friday	Marlon New You 6:00am	Pam School of Strength 9:00am	Nolle School of Strength 10:15am	Andy Boot Camp 6:00pm				

Boot Camp

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New You

Lose weight and get lean with our progressive cardio and strength training program. Burn mega calories, get stronger, and pump up your metabolism with these effective and efficient workouts. Nutrition plan is included for maximum fat loss.

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Monday	Shelly School of Strength 8:30am	Shelly School of Strength 5:00pm						
Tuesday	Shelly School of Strength 6:00pm							
Wednesday	Shelly School of Strength 5:00pm							
Thursday	Shelly School of Strength 8:30am	Shelly School of Strength 6:00pm						
Friday								
Saturday	Beth School of Strength 8:00am							

Schedule available at GHFC.com

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Call 374-4634 for more information

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