



Group Exercise Schedule effective May 1, 2009



	<u>MONDAY</u>	
6:00-7:00am	Yoga	RoseMary
9:00-10:00am	Zumba*	Marie
5:30-6:30pm	Cardio Pump	Amy
	<u>TUESDAY</u>	
9:30-10:30am	Yoga/Pilates Mix	Melanie
5:30-6:30pm	Pilates	Amy
	<u>WEDNESDAY</u>	
6:00-6:45am	Cycle	Stace
9:00-9:45am	Hip Hop	Christy
5:30-6:30pm	Body Sculpting	Jackie
	<u>THURSDAY</u>	
6:00-7:00am	Body Sculpting	Loretta
9:30-10:30am	Yoga	Melanie
5:30-6:30pm	Step and Tone	Karen
6:30-7:30pm	Yoga	RoseMary
	<u>FRIDAY</u>	
6:00-6:45am	Cycle	Loretta
9:00-10:00am	Body Sculpting	Leslie
	<u>SATURDAY</u>	
8:30-9:30am	Cycle	Missi
9:30-10:30am	Body Sculpting	Barbie/Amy

CLASS DESCRIPTIONS & CLUB INFORMATION

Cycle – pick up your ticket at the front desk prior to class. Bring a water bottle and towel. Please wait for instructor to begin cycling.

Body Sculpting/Resistance Training – strength train using hand weights, body bars, mats, tubing etc.

Cardio Pump – a cardio sculpting class using body pump equipment

Step and Tone – Reebok step and toning exercises.

Yoga – muscle balance, skeletal alignment, muscle strength and elasticity, increases range of motion, coordination and improves function of internal glands and organs. Yoga Plus includes a meditation section. Power Yoga is physically more advanced.

Pilates – a progressive series of exercises which increases flexibility and balance for the entire body

Cardio Sculpt – strength training with a cardio mix using weighted balls, hand held weights, body bars and dynabands. This class will rev up the fat burning process.

Zumba - fuses hypnotic Latin rhythms with easy dance/fitness moves. It is interval training using fast and slow rhythms to tone your body while burning fat.



For more information, call 293-7546

<u>GHC Hours</u>	Monday - Friday	5am-10pm
	Saturday	7am-5pm
	Sunday	7am-Noon

Kids Club Hours:

Monday's-Friday's 8:30-10:30am and 5:00-7:00pm
Saturday's 8:15-10:45am