

August Group Fitness Schedule

August 1st – 31st

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|---|---|---|---|---|---|--|---|--|
| InCycle Express 6:30a-7:00a HFS Studio C | | Fit in 30! 6:30a-7:00a HFS Studio A | | InCycle Express 6:30a-7:00a HFS Studio C | | Band Blast 6:30a-7:00a HFS Studio A | | | |
| Monday - Friday GHN W.O.W. Self-Guided Walking Track | | | | | | | | | |
| Ab Lab 12:10p-12:20p HFS 3 rd Floor Track | | Fit in 30! 12:10p-12:40p HFS Studio A | | Ab Lab 12:10p-12:20p HFS 3 rd Floor Track | | Band Blast 12:10p-12:30p HFS Studio A | | InCycle Express 12:00p-12:30p HFS Studio C | |
| Lunchtime Yoga* 12:10p-1:00p Ben Studio B | Barre Basics* 12:10p-1:00p Cherri Studio A | Pilates* 12:10p-1:00p Teresa Studio B | | Lunchtime Yoga* 12:10p-1:00p Ben Studio B | Barre Basics* 12:10p-1:00p Cherri Studio A | Pilates* 12:10p-1:00p Teresa Studio B | | Foam Roll-n-Stretch 12:40p-1:00p HFS Studio B | |
| Monday - Friday Open Gym 8:00a – 12:00p Walking Track | | | | | | | | | |
| Tai Chi* 4:30p-5:30p Vanessa Studio A | PiYo* 5:30p-6:30p Amy Studio B | Power Vinyasa* 5:30p-6:30p Laurie Studio B | | Tai Chi* 4:30p-5:30p Vanessa Studio A | PiYo* 5:30p-6:30p Amy Studio B | Power Vinyasa* 5:30p-6:30p Ben Studio B | | Open Gym 5:00p-8:00p Studio A | |
| Get R.I.P.P.E.D. 5:40p-6:40p Angela Studio A | InCycle 5:30p-6:20p HFS/Andree Studio C | Intro to InCycle 5:45p-6:15p Andree Studio C 1st Tues. ONLY | Boot Camp 5:40p-6:30p HFS Studio A | InCycle 5:30p-6:20p HFS/Andree Studio C | | Boot Camp 5:40p-6:30p HFS Studio A | | Cardio Kick & Sculpt 5:30p-6:30p Patrice Studio B | |
| Zumba 6:40p-7:40p Angela Studio A | | Moment of Mindfulness 5:30p-5:55p Paul Rm 116 | Nia 6:40p-7:40p Andree Studio B | Zumba 5:40p-6:40p Paula Studio A | | <u>SATURDAY CLASSES</u> Functional Fitness 9:30a-10:15a Studio A InCycle Express 12:30p-1:00p Studio C | | <u>SATURDAY & SUNDAY</u> Open Gym 12:00p-4:00p Studio A | |

NEW class day and/or time for Barre Basics, Fit in 30!, and Band Blast.

Group Fitness Class Descriptions (FREE with membership!)

Ab Lab: A quick, 15 min. concentrated attack on your core muscles! Add this core 'curriculum' to your routine.

Band Blast: Come have a blast while learning simple strengthening moves utilizing resistance bands. This quick 20-minute class will work your whole body, all while pulling and stretching your way to a healthier you!

BootCamp: High intensity interval training that incorporates strength, cardio, sport movements, crossfit, and running.

Cardio Kick & Sculpt: Kick start your metabolism with interval training that incorporates weights using cardio, kickboxing, and sculpting moves.

Fit in 30! Power up your lunchtime routine with an energizing, whole body workout, including a variety of strength and cardio moves, all in just 30 minutes! Suitable for all levels.

Foam Roll-n-Stretch: This 15-minute class will help prep your muscles for a workout, treat day-to-day stiffness, and just loosen things up. Stretching and muscle release are the most overlooked component of injury prevention!

Functional Fitness: Enjoy 45 minutes of efficient, quality functional movements to nourish your spine, revitalize your postural muscles and strengthen your core.

Get R.I.P.P.E.D.: Plateau proof your workout with this total body, high intensity style program, utilizing free weights, resistance training, and body weight.

GHN W.O.W. We design the workout of the week (W.O.W.), you bring the power! Enjoy a self-guided, all-levels workout any time of day, all week long! #noexcuses

Intro to InCycle (Spin): This introductory session will help you set up your bike and how to use it properly, then get ready to pedal! Great for beginners, all levels welcome!
First Tuesday of each month (August 2nd).

InCycle (Spin): The very best of cycling, without the hazards of the road, inclement weather and ravenous dogs! Prepare to SWEAT!

Mindfulness Offerings: Co-Facilitators: Paul Salmon, Ph.D. and Jen Altman, M.A.

- **Moment of Mindfulness:** "Drop In" sessions for participants to experience the benefits of reflection, stillness and being fully present. No preregistration required.

Nia: Nia is a sensory-based movement practice that leads to health, wellness and fitness. It draws from disciplines of the martial arts, dance arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body: the base, the core and the upper extremities

Open Gym (Half Court): Shoot some hoops! Basketballs available for check out at the front desk during select times. Times subject to change. GHN Wellness Center Members Only.

Zumba: The ultimate dance-fitness party! Enjoy Latin, hip hop, and International music and get in a great workout while you learn dynamic and effective dance moves!

Specialty classes* Preregistration required- \$40 fall semester—first class is always free! All levels welcome.

Barre Basics: Use a combination of postures inspired by ballet and other disciplines like yoga and Pilates. Focuses on isometric strength training combined with high reps of small range-of-motion movements.

Pilates: A series of controlled, flowing movements designed to strengthen muscles surrounding the spine, improve endurance and flexibility, tone abdominal muscles and assist in maintaining the correct curvature of the spine.

Lunchtime Yoga: Bring an open mind and be prepared to enjoy an energizing and refreshing yoga experience. Great for those who are new to yoga!

PIYo: Combines the sculpting and core benefits of Pilates with the strength and flexibility benefits of yoga.

Power Vinyasa: A powerful, energetic class designed to stretch and strengthen your entire body through flowing sequences.

Tai Chi: Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination.

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Hours of Operation: Monday – Friday 6am – 9pm • Saturday 9am – 5pm • Sunday 12p – 5p

*Specialty classes: (Preregistration required- \$40/semester)

**Online preregistration required: visit louisville.edu/gethealthynow

