

The GHN Wellness Center will operate on a modified schedule over Derby weekend.

Friday, May 3: 6:00am-2:00pm

Saturday, May 4: 9:00am-2:00pm

Sunday, May 5: 12:00pm-5:00pm

The GHN Wellness Center will be **closed Monday, May 27th** in observance of Memorial Day.

MAY GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	GHN W.O.W. Walking Track Self-guided							
6:30-7:00a	Cardio & Core Health Fitness Specialist 3rd Floor Track	Bands & Bar Health Fitness Specialist Studio B	Cardio & Core Health Fitness Specialist 3rd Floor Track	Bands & Bar Health Fitness Specialist Studio B	Open Gym Studio A 6a-8p			
7:00-8:00a		Power Vinyasa Stephanie B Studio B		Power Vinyasa Sammy-Jo Studio B				
8:00-12:00p	Open Gym Studio A							
9:15-10:00a							Boot Camp Marc Studio A	
10:00-11:00a						Yoga Various Instructors Studio B		
12:00-12:45p	InCycle Express Health Fitness Specialist Studio C	Cardio Pump JoVan Studio A	12-12:30p Water Fitness Natatorium Laura Feese <small>*Ends 5/17</small>	12-12:30p AbLab n Stretch Health Fitness Specialist 3rd Floor Track	12-12:30p Fit in 30! DeNisha Studio A	Water Fitness Natatorium Laura Feese <small>*Ends 5/17</small>	InCycle Express Andree Studio C	Saturday & Sunday Open Gym Studio A 12-4p
12:00-1:00p							Nia Andree Studio B	
12:10-1:00p	Barre Basics Cherri Studio A	Yin/Yang Yoga Ben Studio B	Pilates Cherri Studio B	Barre Basics Cherri Studio A	Yin/Yang Yoga Ben Studio B	Pilates Cherri Studio B	Lunch Flow Ashley Studio B	
4:30p - 5:30p		Latin Dance Cherie Studio A						
5:00-6:00p				5:00-5:20p OMM Paula Studio B				
5:15-6:30p		Power Vinyasa Stephanie B Studio B			Power Vinyasa Ben Studio B			
5:30-6:20p	InCycle Patrice Studio C	Interval Training DeNisha Studio A		InCycle Andree Studio C	Boot Camp Health Fitness Specialist Studio A			
5:30-6:30p	Zumba Angela Studio A	PiYo Amy Studio B		Zumba Paula Studio A	PiYo Amy Studio B		Cardio Kick & Sculpt Patrice Studio B	
6:30-7:30p	LaBlast Amanda Studio A	STRONG by Zumba™ Laura B Studio A		LaBlast Amanda Studio A	STRONG by Zumba™ Laura B Studio A			
6:40-7:40p	Nia Andree Studio B				Barre Pilates Fusion Cherri Studio B			
	CARDIO	STRENGTH	CARDIO + STRENGTH	MEDITATION				
*Sat Yoga	1st Sat: Stephanie	2nd Sat: Amy	3rd Sat: Ben	4th Sat: Patrice	5th Sat: Cherri			

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➤ **Group Fitness Class Descriptions (FREE with membership!)**

- **Ab Lab n Stretch:** A quick, 20 min. concentrated attack on your core muscles, followed by 10 minutes of stretching and/or foam rolling.
- **Bands & Bar:** This full body strength class is designed to tone your muscles through the use of resistance bands and body bars. Everything is modifiable – 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.
- **Barre Pilates Fusion:** Our BarreLates class mixes up our Barre Basics offering with our popular Pilates class. Come ready to strengthen your muscles using your own body weight and movements.
- **Boot Camp:** 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.
- **Cardio & Core:** Cardio exercises (cycle, plyo, treadmill), coupled with core exercises for a full body workout. Everything is modifiable – all levels welcome!
- **Cardio Pump:** A unique combination of cardio (dance, jump, step) mixed with full body strength exercises.
- **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.
- **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!
- **InCycle (Spin):** The very best of cycling, without the hazards of the road and inclement weather. Prepare to SWEAT!
- **Interval Training:** Strength and Cardio Exercises in timed intervals followed by a quick recovery. Great calorie burn + cardiovascular & strength conditioning! All levels welcome.
- **LaBlast:** A workout in disguise! This multi-level and partner-free dance fitness program fuses dance into a serious calorie-burning workout!
- **Latin Dance:** Featured dance in May is Salsa Rueda known as Salsa Round Dance. All levels are welcome and no partner required.
- **Lunch Flow:** Students will focus on linking conscious breath with a vigorous and mindful flow. In this yoga class, students will build strength, flexibility and concentration while cleansing the body and calming the mind - all in 50 minutes.
- **Nia:** 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.
- **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.
- **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.
- **Salsa (First Friday):** All levels are welcome and no partner required. Join us and enjoy learning together the basic moves and core concepts of Salsa.
- **Saturday Yoga:** A variety of styles taught by our talented instructors who will rotate each weekend. This is the perfect way to try different forms of yoga – Gentle, Vinyasa, PiYo, and more!
- **STRONG by Zumba™:** non-dance based class revolves around high-intensity interval training, but still focuses on moving to the beat.
- **Water Fitness**:** Progressive water work-out (warm-up, stretching, aerobics, strengthening and a relaxing cool down). No swimming skills needed. **Ends May 17th.**
- **Yin/Yang Yoga:** Bring an open mind and be prepared to enjoy an energizing and refreshing yoga experience – Yin yoga is slow and restorative, Yang Yoga is more powerful and challenging. Come prepared to do a mix of both!
- **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!

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