

MARCH GROUP FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	GHN W.O.W. Walking Track Self-guided							
6:30-7:00a	Cycle Pump HFS Studio C	AbLab n Stretch HFS 3rd Floor Track	InCycle Express HFS Studio C	Fit in 30! DeNisha Studio A	AbLab n Stretch HFS 3rd Floor Track			
7:00-8:00a		Power Vinyasa Stephanie B Studio B						
8:00-12:00p	Open Gym Studio A							
9:15-10:00a						Boot Camp Marc Studio A		
10:00-11:00a	Tai Chi Vanessa Studio B		Tai Chi Vanessa Studio B			Yoga Various Instructors Studio B		
12:00-12:30p	InCycle Express Julia Studio C	Interval Training Julia Studio A	AbLab n Stretch HFS 3rd Floor Track	Fit in 30! DeNisha Studio A	InCycle Express Andree / HFS Studio C	Saturday & Sunday Open Gym Studio A 12-5p		
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	Nia Andree Studio B
5:00-6:00p			5:00-5:20pm OMM Paula Studio B		1st Friday Salsa Cherie Studio A			
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 Dillon Studio A	6-8pm Open Gym 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				

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.
- **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.
- **Cycle Pump:** A unique combination of spin (cardio), strength and core 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!
- **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.
- **OMM:** Revive, renew and refresh at our 20-minute drop-in OMM meditation sessions. Attend this meditation group to reinforce your desire to practice meditation and to help you to expand your skills. You will walk away from this session feeling relaxed, grounded and more present. All experience levels are welcome.
- **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.
- **POUND®:** Let loose with the music in this full-body workout using Ripstix®, lightly weighted drumsticks made for exercising. Join the perfect atmosphere to get energized, tone-up, and rock out! Designed for all fitness levels.
- **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.
- **Tai Chi:** Discover the benefits of this ancient form of martial arts, which will improve balance, agility, strength, and coordination.
- **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!

601 Presidents Blvd. • Louisville, KY 40217 • 852-7755 • 852-6654 fax • ghn@louisville.edu

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