## August Group Fitness Schedule

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>7:30-8:20 a.m. Yoga (HSC – Abell)</td>
<td>8:00-8:50 a.m. Mindful Yoga (CTR -124)</td>
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<td>12:00-12:45 p.m. Tai Chi (HSC – Abell)</td>
<td>12:00-12:30 p.m. Fit in 30 (SAC)</td>
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<td>12:10-1:00 p.m. Yin Yang Yoga (GHN)</td>
<td>12:00-12:45 p.m. Yoga (HSC – Abell)</td>
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<td>12:00-12:45 p.m. Yoga (HSC – Abell)</td>
<td>12:00-1:00 p.m. Latin Dance (HSC Fitness Center)</td>
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<td>11:45-12:45 p.m. Beginner Yoga (GHN)</td>
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<td>5:30-6:30 p.m. PiYo (GHN)</td>
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<td>5:30-6:30 p.m. Boot Camp (SAC)</td>
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<td>5:30-6:30 p.m. Zumba® (School of Music LL05)</td>
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## Class Locations

- **HSC Abell - 2nd floor lobby** - 323 E. Chestnut Street
- **CTR 124 - Clinical Translational Research Building** - 505 S. Hancock Street
- **GHN – Get Healthy Now (NEW LOCATION!)** - 1980 Arthur Street
  - Located between First Build and the Human Resources Office. (Entrance is on the side of the building facing Brandeis Ave.)
- **HSC Fitness Center** - 481 E. Chestnut Street
- **SAC - Student Activity Center, East Court E106** - 2100 S. Floyd Street,
  - Enter SAC on Floyd Street lower level, the same level as the Starbucks
- **School of Music** - 105 E. Brandeis Avenue

For more info: 852-7755 • ghn@louisville.edu
Group Fitness Class Descriptions

(FREE!)

Beginner Yoga/Chair Yoga  Pause from your busy life to recharge and revitalize at our quiet calming practice of body and breath awareness.

Bootcamp: High intensity interval training that incorporates strength, cardio, sport movements, CrossFit, and running.

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.

Latin Dance: Laugh, dance and de-stress while learning basic Latin dances. All levels are welcome and no partner required.

Mindful Yoga: Calm the nervous system, increase the body-mind connection, and improve breathing.

PiYo: Combines the sculpting and core benefits of Pilates with the strength and flexibility benefits of Yoga.

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!

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!