# September Group Fitness Schedule

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<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>12:00-12:30 p.m. Fit in 30 (SAC)</td>
<td>12:00-1:00 p.m. Latin Dance (HSC Fitness Center)</td>
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<td>12:10-1:00 p.m. Yin Yang Yoga (GHN)</td>
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<td>12:00-12:45 p.m. Yoga (HSC– Abell)</td>
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<tr>
<td>12:00-12:50 p.m. Beginner Yoga (GHN)</td>
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<td>12:40-1:00 pm Chair Yoga (School of Dentistry - 367)</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
- **School of Dentistry** – Rm 367 – 501 S. Preston 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.) **Please note: this lot is a blue lot. You will need a blue pass to**

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park in this lot! You may also use the 2 metered spots available or nearby street parking where available.

- **HSC Fitness Center** - 481 E. Chestnut Street
- **SAC - Student Activity Center, East Court** - 2100 S. Floyd Street,
  - Enter SAC on Floyd Street lower level, the same level as the Starbucks
- **School of Music** - 105 E. Brandeis Avenue

**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!

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