



Get Healthy Now
Wellness Center

One Year Anniversary Celebration

Friday, April 25th, 2014 - 6:00 a.m. to 9:00 p.m.

Schedule of Events

6:30-7:30 a.m.	Get R.I.P.P.E.D.	Studio A
7:30-9:30 a.m.	Power Breakfast	Reception Area
11:00 a.m.-1:30 p.m.	Snack-Attack: eat well on-the-go	Reception Area
12:00-12:30 p.m.	UofL Band Performance	Entrance
12:00-12:30 p.m.	InCycle Express	Studio C
12:30-12:45 p.m.	Ab Lab	Walking Track
4:00-4:30 p.m.	Basketball Court Opening: Ribbon cutting ceremony Guest of Honor: Darrell Griffith Free-throw shoot out and photos	Studio A
5:00-7:00 p.m.	GHN "Happy Hour" Sparkling Cider, hors d'oeuvre, and music	Reception Area
5:30-6:15 p.m.	InCycle	Studio C
5:30-6:30 p.m.	Cardio Kickboxing	Studio A

All Day Activities and Incentives

Treasures abound! Come enjoy the plethora of opportunities available at the GHN Wellness Center, something for everyone to discover.

Wellness Center Discovery Tour

Grand prizes:

- * \$500 gift certificate (Blinds Direct)
- * Single speed cruiser-bike (Scheller's Fitness & Cycling)

Membership enrollment opportunity

One-Day Only! \$35 Specialty Class Promotion

Welcome gift for all attendees (every 35th guest will receive a special GHN-personalized incentive)

Vendor Tables

Office Ergonomics (Office Environment Company)

Comprehensive Wellbeing Resources (Human Development Company)

Sustainability / Cycling Initiatives (UofL Sustainability)

Family Wellness Resources (American Heart Association)

Fun Activities

Fitness equipment demos

Wellness Coaching "Thrive" activities: rocks, blocks, and mandalas

Interactive photo booth

Free gift for all group fitness class participants

Games: Corn hole boards, Trash Ball, and much more!

Studios A and B, Wellness Coaching Suite (2nd floor)
Studio C and Walking Track (3rd floor)

GHN Wellness Center

601 Presidents Blvd. / 40217

Free parking and bike racks available

502.852.7755

ghn@louisville.edu





Get Healthy Now
Wellness Center

HOOP IT UP WITH DR. DUNKENSTEIN!



Come celebrate the one year anniversary of the GHN Wellness Center, and be there as we lower the basketball goal for the first time!

April 25

4:00 pm | Ribbon cutting ceremony with Darrell Griffith

4:10 pm | Free Throw Shootout* and photo/autograph session

5:00 pm | Join us afterwards for ***"GHN Happy Hour!"***

May 1 Open to GHN Wellness Center Members Only

Open Gym hours begin! Basketballs available for check out at the front desk during select times. Schedule subject to change.

***WINNER EARNS AUTOGRAPHED BALL
AND PHOTO OPP WITH THE DOCTOR OF DUNK!**

