



Healthy Eating

NOVEMBER GROUP FITNESS

** Water Fitness will be held at 11am on Nov. 20 & there is NO class on Nov. 22 for Thanksgiving.**

** No classes after 1pm on Wednesday, Nov. 21. GHN Wellness Center will be closed
Thursday, Nov. 22 & Friday, Nov. 23 in observance of Thanksgiving.**

Information for UofL Employees

Get Healthy Now Health Assessment: October 24 – November 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	GHN W.O.W. Walking Track Self-guided							
6:30-7:00a	Cycle Pump Dillon / Lu Studio C	Sunrise Yoga Express Monica Studio B	InCycle Express Dillon / Lu Studio C	Fit in 30! Dillon / Lu Studio A				
8:00-12:00p	Open Gym Studio A							
9:15-10:00a						Boot Camp DeNisha 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	H.I.I.T. Julia Studio A	Water Fitness** Laura F Natatorium	AbLab n Stretch Dillon / Lu 3rd Floor Track	Fit in 30! Dillon / Lu Studio A	Water Fitness** Laura F Natatorium	InCycle Express Andree/ Dillon / Lu Studio C	
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	Yoga Tune Up® Monica Studio B	Saturday & Sunday Open Gym Studio A 12-5p
12:15-1:00p		Chair Yoga Monica Music School 142			Chair Yoga Cathy Music School 142			
5:00-6:00p					1st Friday Salsa Cherie Studio A			
5:15-6:30p		Power Vinyasa Stephanie Studio B		Power Vinyasa Ben Studio B				
5:30-6:20p	InCycle Patrice Studio C	H.I.I.T. DeNisha Studio A	Cycle Core Andree Studio C	Boot Camp Dillon / Lu Studio A	6-8pm Open Gym Studio A			
5:30-6:30p	Zumba Heather Studio A	PiYo Amy Studio B		Zumba Paula Studio A	PiYo Amy Studio B		Cardio Kick & Sculpt Patrice Studio B	
6:30-7:30p		STRONG by Zumba™ Laura B Studio A	LaBlast Paula/Amanda Studio A	STRONG by Zumba™ Laura B Studio A	5th Friday LaBlast Paula Studio A			
6:40-7:40p		Nia Andree Studio B		Nia Karen Studio B				
**Pre-registration required Water Fitness times are 12-12:45pm								
	CARDIO	STRENGTH	CARDIO + STRENGTH	BELKNAP OFFERING				

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.
- **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.
- **Chair Yoga:** Incorporate healthy movement into your daily routine by increasing mobility, building strength, relieving tension, and reducing stress.
- **Cycle Core:** A unique combination of spin (cardio) and core exercises.
- **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!
- **H.I.I.T (High Intensity Interval Training):** Strength and Cardio Exercises in timed intervals followed by a quick recovery. Great calorie burn + cardiovascular & strength conditioning! All levels welcome.
- **InCycle (Spin):** The very best of cycling, without the hazards of the road and inclement weather. Prepare to SWEAT!
- **LaBlast:** A workout in disguise! This multi-level and partner-free dance fitness program fuses dance into a serious calorie-burning workout! **(Fifth Friday class on Nov. 30th)**
- **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. **New time – class starts 15 minutes earlier!**
- **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. **(Nov. 2nd)**
- **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.
- **Sunrise Yoga Express:** Start your day with energy and focus in this short and sweet yoga flow. Wake up your body with sun salutations, dynamic stretching, and breathing techniques to shake off stiffness and increase flexibility. Open to all levels, this practice will make you feel radiant all day long.
- **Tai Chi:** Discover the benefits of this ancient form of martial arts, which will improve balance, agility, strength, and coordination.
- **Water Fitness**:** Progressive water work-out (warm-up, stretching, aerobics, strengthening and a relaxing cool down). No swimming skills needed.
- **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!
- **Yoga Tune Up®:** Blends yoga with corrective exercise and self-myofascial massage in order to improve range of motion, eliminate pain, strengthen musculature around the joints, downregulate the nervous system and prepare the body for optimum performance.
- **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!

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