


AUGUST GROUP FITNESS

	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	Walk & Run Club Dillon / Lu Meet in Lobby Starts Aug. 24th 			
7:00-8:00a	Tai Chi Vanessa Studio B		Tai Chi Vanessa Studio B					
8:00-12:00p	Open Gym Studio A							
9:15-10:00a						Boot Camp Ashley Studio A		
10:00-10:50a		Stretch & Balance Dillon / Lu Studio B	Beginner Strength Dillon / Lu Studio B 	Stretch & Balance Dillon / Lu Studio B		Yoga Various Instructors Studio B		
12:00-12:30p	AbLab n Stretch Dillon / Lu 3rd Floor Track	H.I.I.T. Dillon / Lu Studio A	InCycle Express Julia Studio C	Fit in 30! Dillon / Lu Studio A	InCycle Express Andree/ Dillon / Lu 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	Yoga Tune Up® Monica Studio B
5:00-5:50p					1st Friday Salsa Cherie Studio A			
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				
5:30-6:30p	Zumba Angela Studio A	PiYo Amy Studio B	Power Vinyasa Stephanie Studio B	Zumba Paula Studio A	PiYo Amy Studio B		Power Vinyasa Ben Studio B	Cardio Kick & Sculpt Patrice Studio B
6:30-7:20p	Boot Camp Angela Studio A		Beginner Strength Dillon / Lu Studio B 				Open Gym Studio A 6-8PM	
6:30-7:30p				STRONG by Zumba™ Laura Studio A				
6:40-7:40p		Nia Andree Studio B		Nia Karen Studio B				

CARDIO	STRENGTH	CARDIO + STRENGTH
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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.
- **Beginner Strength:** This basic total body workout targets all the muscles in the body. This workout is short and simple—a great way for beginners to get started with strength training
- **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 Core:** A unique combination of spin (cardio) and core exercises.
- **Cycle Pump:** A unique combination of spin (cardio), strength and core exercises.
- **First Friday Salsa:** All levels are welcome and no partner required. Join us and enjoy learning together the basic moves and core concepts of Salsa. **(Aug. 3rd)**
- **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!
- **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.
- **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!
- **Stretch & Balance:** A combination of some beginner yoga postures, general stretching and balancing exercises.
- **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.
- **Walk & Run Club:** Join our all-levels walk and run group to log your miles with friends. **(Starts Aug. 24th)**
- **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!