



**WELLNESS CENTER**

# AUGUST CLASS SCHEDULE

**SU** 2:00 Dance Fitness (NEW)

Please reserve your spot for classes on the MindBody app (search GBC), on our website, or by stopping by the front desk.

Classes denoted with \* are held in the Functional Training room. All other classes are held in the Group Fitness room.

**M**

**8:30 Strength & Tone (New Time)**

**9:30 Spin 30 (New Time)**

**10:15 HIIT Bootcamp (NEW)**

11:15 Total Body Gold

12:45 Better Balance

4:30 Yoga

5:40 Strong 30

6:00 HV\*

6:15 Groove Worx

**TH**

**8:30 HIGH Fitness (NEW)**

9:45 Strength & Tone

11:15 Strength Express

4:00 Yin Yoga

5:15 Muscle Pump

6:15 Dance Fitness

**TU**

8:30 HIGH Fitness

10:00 Function

11:15 Stretch & Flex 2

**4:40 Spin 30 (New Time)**

5:15 Muscle Pump

6:00 HV\*

6:15 Dance Fitness

**F**

8:30 Dance Fitness

9:45 Barre Above

11:15 Total Body Gold

12:30 Stretch & Flex

**W**

8:30 Dance Fitness

9:45 Barre Eclipse

11:15 Total Body Tone

12:45 Better Balance

5:15 Spin 30

6:00 HV\*

6:15 Groove Worx

**SA**

8:15 Spin 30 -or- 8:30 Spin 45

9:30 Yoga

10:15 HV\*

11:00 Dance Fitness