

# Member Hours of Operation

Monday-Sunday: 5am-9pm

# Child Care Hours

Monday-Friday: 8am-1pm



## FALL 2018 CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-9:00am Yoga/Pilates <b>(ALL)</b> Bonnie	8:00am-9:00am Circuit  <b>(ALL)</b> No Instructor	8:00am-9:00am Circuit  <b>(ALL)</b> No Instructor	8:00am-8:30am HIIT It <b>(ALL)</b> Jennifer  8:35am-9:05am Pump It <b>(ALL)</b> Jennifer	8:00am-9:00am Barre/Yoga <b>(ALL)</b> Bonnie	8:00am-9:00am FREE Community Class  Various classes/instructors <b>(ALL)</b>
9:15am-10:15am Athletic Training <b>(ALL)</b> Dawn	9:15am-10:15am Strictly Strength <b>(ALL)</b> Brittnee	9:15am-10:15am Burn & Build <b>(ALL)</b> Jennifer	9:15am-10:15am Zumba <b>(ALL)</b> Regina	9:15am-10:15am Athletic Training <b>(ALL)</b> Dawn	9:15am-10:30am Yin/Yang Flow Yoga <b>(ALL)</b> Ria
10:20am-11:20am Easy Does It (Toning/Yoga) <b>(B-ALL)</b> Bonnie	10:20am-11:05am Zumba Gold <b>(B-ALL)</b> Regina		10:20am-11:20am Easy Does It (Toning/Yoga) <b>(B-ALL)</b> Bethany		10:45am-11:45am Groove Fit <b>(ALL)</b> Heather
12:00pm-12:30pm Boot Camp <b>(ALL)</b> Brittnee	12:00pm-12:45pm Yoga <b>(ALL)</b> Ria	12:00pm-12:30pm Boot Camp <b>(ALL)</b> Brittnee	12:00pm-12:45pm Yoga <b>(ALL)</b> Bonnie	12:00pm-12:30pm Boot Camp <b>(ALL)</b> Brittnee	<p><b>SUNDAY</b> Starting in November 2:00pm-3:00pm Girls Fit Camp <b>(ALL)</b> Dawn</p>
5:30pm-6:30pm Boot Camp Circuit <b>(I-A)</b> Dawn	5:30pm-6:30pm Sculpted Body <b>(ALL)</b> Pamela	5:30pm-6:30pm Hot Vinyasa Yoga <b>(I-A)</b> Ria	5:30pm-6:30pm Girls Fit Camp <b>(ALL)</b> Dawn		
6:35pm-9:00pm Circuit <b>(ALL)</b> No instructor	6:35pm-9:00pm Circuit <b>(ALL)</b> No Instructor	6:35pm-7:35pm Groove Fit <b>(ALL)</b> Heather	6:35pm-9:00pm Circuit <b>(ALL)</b> No Instructor		

**Class Levels: B=Basic, I=Intermediate, A=Advance, ALL**

**Be sure to check out our self-led circuit! Questions? Scan the QR code available at each station for instructions.**

<p><b><u>CIRCUIT</u></b>          Can't make it in for a scheduled class with one of our instructors? We've set up a self-led circuit that you can do anytime there is not a scheduled class in our aerobic room. Options for all levels and days of the week! Questions? Speak with some at the front desk or scan the QR code to link to our YouTube videos!</p>	<p><b><u>FREE COMMUNITY SATURDAY CLASS</u></b>          Every Saturday from September through December we will have a rotating class schedule that will be FREE to the community. These classes will start at 8 am and will feature different instructors at GFFC. All fitness levels welcome. Bring a friend and share your love for GFFC! Saturday schedule available upon request at the front desk.</p>	<p><b><u>BURN &amp; BUILD</u></b>          Made up of athletic drills, short cardio bursts with lower body weight exercises and upper body strength training. These challenging and effective drills are performed back to back to give you a leaner, stronger body...quickly! This workout improves muscle shape and definition and elevates overall fitness goals</p>
<p><b><u>YOGA/PILATES</u></b>          Fusion of Yoga and Pilates, focusing on strengthening the core and increasing flexibility. Stretching and relaxation techniques are incorporated to help you focus on your mind body connection.</p>	<p><b><u>ATHLETIC TRAINING</u></b>          This class is a mix of aerobic and toning intervals that utilizes both high and low impact choreography with a high level of intensity. Activities will include hi/low aerobics, ply metrics, kickboxing, weights, body bars, bands and any other toys that Dawn can come up with. The class will wrap up with some killer core work to sculpt the abs.</p>	<p><b><u>BOOT CAMP with BRITTNEE</u></b>          You will do elements of high intensity training and active rest periods giving you the best results with the maximum fat burning effect in <b>only 30 minutes!</b> We modify this class so it fits your individual needs and fitness level! ALL are welcome!</p>
<p><b><u>YIN/YANG FLOW YOGA</u></b>          Yin/Yang Flow is a combination of Yin practice, which penetrates deep into connective tissue expanding your flexibility, eliminates energetic blockages, and active Yang practice. This is the more traditional pose practice that develops muscular strength, stamina, and flexibility. For aspiring beginners to advanced practitioners.</p>		<p><b><u>YOGA</u></b>          While stretching is certainly involved, Yoga is really about developing strength and flexibility and is for the mind and body. This is done through the performance of uninterrupted flow of traditional poses. Leave feeling relaxed and refreshed, ready to go on with your daily schedule.</p>
<p><b><u>STRICTLY STRENGTH</u></b>          This progressive strength training class is perfect to build and tone your full body. Enjoy this muscular workout that will tighten and tone for a lean body. We will use a variety of fitness tools to get a full body workout..</p>	<p><b><u>EASY DOES IT (gentle cardio, toning, yoga)</u></b>          A combination of gentle Cardio/Toning/Yoga focusing on low impact movements. During this class you will be building muscle and balance while improving range of motion, flexibility and strength. Perfect for ladies who are "new" to exercise or are simply looking for a <b>low impact option.</b></p>	<p><b><u>SCULPTED BODY</u></b>          Total body workout featuring cardio bursts and resistance sets for high intensity metabolic response. Emphasis on proper form.</p>
<p><b><u>PUMP IT</u></b>          Pump up all your major muscles in just 30 minutes using a variety of fitness equipment! This class is the perfect way to get your day started and keep the calories burning all day in <b>only 30 minutes!</b></p>	<p><b><u>HIIT IT</u></b>          Short on time? This class is for you! Get your heart pumping with this <b>30 minute</b> high intensity interval training workout that will rev-up your metabolism, burn more fat in less time and improve your cardio respiratory and muscular fitness.</p>	<p><b><u>HOT VINYASA YOGA</u></b>          Add a little heat to your Yoga with this uniquely designed Hot Yoga class. We gradually warm our Yoga Studio up to 80-85 degrees to relax your muscles for enhanced flexibility. This is a vigorous more athletic approach to Yoga.</p>
<p><b><u>GROOVE FIT</u></b>          Experience the dance floor! GROOVE FIT is a mind-blowing, creative DANCE floor experience infused with functional fitness that equals PURE BLISS! Not only do you get to Dance Your Heart Out in the way that best suits your body and soul, you will also be encouraged to focus on various areas of fitness from your head to your toes. GROOVE FIT is the ultimate fitness fun!</p>	<p><b><u>BARRE/YOGA</u></b>          A perfect pairing of Yoga and Barre. This is a fusion class with mixed elements of pilates, yoga and functional training. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch you entire body. This class will start with a warm up and sequence of upper body exercises, moving to the lower body and core. You will end class with yoga which will increase flexibility, balance and breath and leave you feeling rejuvenated and refreshed.</p>	<p><b><u>BOOT CAMP CIRCUIT with DAWN</u></b>          You can do anything for a minute! Get ready to breathe heavy as we hit rounds of cardio and strength. Each round consists of the following components: cardio, upper body, lower body and metabolic segments. Variation in equipment and exercise selection will give this format a fresh new twist that will leave no muscle untouched and no calorie uncrushed.</p>
<p>          A fusion of Latin and International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.</p>	<p>          For active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. This 45 minute cardio fitness dance party is set to mostly Latin rhythms. It is for anyone looking for a modified Zumba class at a lowered intensity. Zumba Gold features easy to follow choreography that focuses on balance, range of motion, and coordination.</p>	<p><b><u>GIRLS FIT CAMP</u></b>          A super-diverse cardio workout that uses various types of cardio, light and heavy weights, resistance bands, balls, and ropes. The variety will challenge your muscles in multiple dimensions while maximizing overall benefits. Between each interval there will be some awesome core work.  <b>SUNDAYS (2:00pm-3:00pm) starting in NOVEMBER!</b></p>

**GUEST HOURS:**  
**Monday – Thursday 8-1 & 5-8**  
**Friday 8-1**  
**Saturday 8-12**  
**Call today for a tour 616-399-9086**