



WELLNESS CENTER

AUGUST CLASS SCHEDULE

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.

SU

3:30-4:30

Essential Yoga on August 3rd

M

8:30-9:30 Step Aerobics

9:45-10:30 Strength & Tone

11:15-12:15 Total Body Gold

12:45-1:45 Better Balance

4:30-5:30 Yoga

5:40-6:10 Strong 30

6:15-7:15 Groove Worx

TH

8:30-9:30 Dance Fitness

9:45-10:45 Strength & Tone

11:15-11:45 Strength Express

4:00-5:00 Yin Yoga

5:15-6:00 Muscle Pump

6:15-7:15 Dance Fitness

TU

8:30-9:45 HIGH Fitness

10:00-11:00 Function

11:15-11:45 Stretch & Flex 2

4:30-5:05 Spin 30

5:15-6:00 Muscle Pump

6:00-7:00 HV*

6:15-7:15 Dance Fitness

F

8:30-9:30 Dance Fitness

9:45-10:45 Barre Above

11:15-12:15 Total Body Gold

12:30-1:00 Stretch & Flex

W

8:30-9:30 Dance Fitness

9:45-10:45 Barre Eclipse

11:15-12:15 Total Body Tone

12:45-1:45 Better Balance

4:30-5:00 Circuit Craze

5:05-5:40 Spin 30

6:00-7:00 HV*

6:15-7:00 Pilates Pulse

SA

8:15-8:45 Spin 30

(or) 8:30-9:15 Spin 45

9:30-10:30 Yoga

10:15-11:15 HV*

11:00-12:00 Dance Fitness

*** Please refer to MindBody or www.greatbodycompany.com for class descriptions and up-to-date class and instructor information. ***