



WELLNESS CENTER

MARCH CLASS SCHEDULE

SU

2:00 Party Fitness
3:30 Yin Yoga

- Please reserve your spot for classes on the MindBody app (search GBC), 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 Cardio Blast
9:45 Strength & Tone
11:15 Total Body Gold
12:45 Better Balance
4:30 Yoga
5:40 Strong 30
6:00 HV (Lower Body)*
6:15 Groove Worx

TH

8:30 Dance Fitness
9:45 Strength & Tone
11:15 Strength Express
4:00 Yin Yoga
5:15 Barre Above
6:00 HV (Back)*
6:30 Dance Fitness

TU

8:30 HIGH Fitness
10:00 Function
11:15 Stretch & Flex 2
5:15 Muscle Pump
6:00 HV (Chest/Shoulders)*
6:15 HIIT

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 Gold
12:45 Better Balance
5:30 Spin 30
6:00 HV (Total Body)*
6:30 Cha Cha Tabata

SA

8:15 Spin 30 or 8:30 Spin 45
9:30 Yoga
10:15 HV (Total Body)*
11:00 Dance Fitness

Essential Yoga on 3/11 at 2:00