



WELLNESS CENTER

APRIL CLASS SCHEDULE

SU 3:30 Yin Yoga
(Essential Yoga on April 7th)

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 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 Muscle Pump
6:15 Dance Fitness

TU
8:30 HIGH Fitness
10:00 Function
11:15 Stretch & Flex 2
4:30 Spin 30
5:15 Muscle Pump
6:00 HV* (Upper Body)
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* (Total Body)
6:15 Groove Worx

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