



GBC WELLNESS CENTER OCTOBER 2020 CLASS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend: ▲ - OPEN TO NON-MEMBERS for \$7 ● - MUST RESERVE SPOT ☆ - NEW CLASS, INSTRUCTOR, OR TIME 	IMPORTANT MEMBER INFORMATION REGARDING GROUP FITNESS AT GBC: 1. Class sizes in the Group Fitness room will be limited to 24 individuals participating at one time (23 participants and 1 instructor). 2. Please reserve your spot for all classes either via the Mindbody App, by calling, or by logging onto our website at www.greatbodycompany.com/groupfitnessschedule . 3. Please remain a safe distance away from other participants during class. 4. Clean your equipment thoroughly before AND after use. 5. Wash your hands before AND after class. 6. Spin classes will take place in the Group Fitness room. 7. Masks are required when entering the building and in common areas, but may be removed when exercise begins.			8:30 ▲ Strength & Tone Mandy 11:15 ▲ Fitness Mix Kim 4:00 ☆ Yin Yoga Leona 5:15 ☆ Circuit Craze Lauren 6:30 ▲ Dance Fitness Caysie 6:30 ▲ HV Kayla	8:40 ▲ Dance Fitness Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Stretch & Flex Kathy 5:30 ▲ HV Tyler	8:15 ● Spin 45 David H. 9:30 ▲ Yoga Stephanie 10:15 ▲ HV Lauren 11:00 ▲ Dance Fitness Caysie
2:00 ▲ Groove Worx Melissa	8:30 ▲ Cardio Kick Mandy 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Yoga Stephanie 6:15 ▲ Groove Worx Melissa 6:30 ▲ HV Lauren	8:30 ▲ HIGH Fitness Mandy 10:00 ▲ Function Kim 5:00 ▲ Muscle Pump Lauren 6:15 ▲ HIIT David H. 6:30 ▲ HV Tyler	8:40 ▲ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 5:30 ● Spin 45 Kathy 6:30 ▲ HV Rebekah ☆ Pop Inferno Clisty	8:30 ▲ Strength & Tone Mandy 11:15 ▲ Fitness Mix Kim 4:00 ☆ Yin Yoga Leona 5:15 ☆ Circuit Craze Kerri 6:30 ▲ Dance Fitness Caysie 6:30 ▲ HV Kayla	8:40 ▲ Dance Fitness Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Stretch & Flex Kathy 5:30 ▲ HV Rebekah	8:15 ● Spin 45 David O. 9:30 ▲ Yoga Leona 10:15 ▲ HV Kayla 11:00 ▲ Dance Fitness Caysie
2:00 ▲ Groove Worx Rebekah	8:30 ▲ Cardio Kick Mandy 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Yoga Stephanie 6:15 ▲ Groove Worx Rebekah 6:30 ▲ HV Lacie	8:30 ▲ HIGH Fitness Susan 10:00 ▲ Function Kathy 5:00 ▲ Muscle Pump Lauren 6:15 ▲ HIIT David H. 6:30 ▲ HV Tyler	8:40 ▲ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 5:30 ● Spin 45 Kathy 6:30 ▲ HV Lacie ☆ Pop Inferno Rebekah	8:30 ▲ Strength & Tone Mandy 11:15 ▲ Fitness Mix Kim 4:00 ☆ Yin Yoga Leona 5:15 ☆ Circuit Craze Lauren 6:30 ▲ Dance Fitness Caysie 6:30 ▲ HV Kayla	8:40 ▲ Dance Fitness Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Stretch & Flex Kathy 5:30 ▲ HV Tyler	8:15 ● Spin45 David H. 9:30 ▲ Yoga Leona 10:15 ▲ HV Lauren 11:00 ▲ Dance Fitness Caysie
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Instructors subject to change. For current updates, please check our website www.greatbodycompany.com!
 Contact the Group Fitness Manager, Lauren Largent, with any questions!
 Phone: (423) 378-4111 E-mail: laurenlargent@gmail.com