



GBC WELLNESS CENTER

APRIL 2021 CLASS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend: ▲ - OPEN TO NON-MEMBERS for \$7 ● - MUST RESERVE SPOT ☼ - NEW CLASS, INSTRUCTOR, OR TIME \$ - ADDITIONAL FEE TO ATTEND	IMPORTANT MEMBER INFORMATION REGARDING GROUP FITNESS AT GBC Wellness Center: 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 9:45 ▲ Dance Fitness Mandy 11:15 ▲ Fitness Mix Kim 4:00 ▲ Yin Yoga Leona 5:15 ▲ Circuit Craze Lauren 6:00 ▲ HV Kayla 6:30 ▲ Dance Fitness Christine	1 8:30 ☼ Barre/Pilates Fusion Michelle 9:45 ☼ Dance Fitness Jessica 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Stretch & Flex Kathy 6:00 ▲ HV Tyler	2 8:30 ▲ Spin 45 David O. 9:30 ▲ Yoga Teresea 10:15 ▲ HV Lacie 11:00 ▲ Dance Fitness Caysie
	4 8:30 ▲ Cardio Kick Mandy 9:45 ☼ Muscle Pump Lauren 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Yoga Abigail 5:40 ▲ Strong 30 Lauren 6:15 ▲ Groove Worx Michelle 6:30 ▲ HV Lacie	5 8:30 ▲ HIGH Fitness Susan 10:00 ▲ Function Kathy 5:00 ▲ Muscle Pump Lauren 6:00 ▲ HV Tyler 6:15 ▲ HIIT Lauren	6 8:30 ☼ Dance Fitness Michelle 9:45 ☼ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kim 12:30 ▲ Better Balance Scott 5:30 ● Spin 45 Kathy 6:00 ▲ HV Lauren 6:30 ▲ Cardio Groove Christine	7 8:30 ▲ Strength & Tone Mandy 9:45 ▲ Dance Fitness Mandy 11:15 ▲ Fitness Mix Kim 4:00 ▲ Yin Yoga Leona 5:15 ▲ Circuit Craze Rebekah 6:00 ▲ HV Kayla 6:30 ▲ Dance Fitness Caysie	8 8:30 ☼ Barre/Pilates Fusion Christine 9:45 ☼ Dance Fitness Jessica 11:15 ▲ Total Body Gold Kim 12:30 ▲ Stretch & Flex Kim 4:30 ☼ Group Power Christine 5:30 ☼ Barre 30 Rebekah 6:00 ▲ HV Tyler	9 8:30 ▲ Spin 45 David O. 9:30 ▲ Yoga Abigail 10:15 ▲ HV Rebekah 11:00 ▲ Dance Fitness Caysie
11 1:15 ☼ Core Strength Christine 2:00 ▲ Cardio Groove Christine 3:30 ▲ Vinyasa Flow Leona	12 8:30 ▲ Cardio Kick Mandy 9:45 ☼ Muscle Pump Lauren 11:15 ▲ Total Body Gold Kim 12:30 ▲ Better Balance Scott 4:30 ▲ Yoga Stephanie 5:40 ▲ Strong 30 Rebekah 6:15 ▲ Groove Worx Christine 6:30 ▲ HV Lacie	13 8:30 ▲ HIGH Fitness Susan 10:00 ▲ Function Teresea 5:00 ▲ Muscle Pump Lauren 6:00 ▲ HV Rebekah 6:15 ▲ HIIT David H.	14 8:30 ☼ Dance Fitness Michelle 9:45 ☼ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kim 12:30 ▲ Better Balance Scott 5:30 ● Spin 45 Kayla 6:00 ▲ HV Lauren 6:30 ▲ Cardio Groove Christine	15 8:30 ▲ Strength & Tone Mandy 9:45 ▲ Dance Fitness Mandy 11:15 ▲ Fitness Mix Kim 4:00 ▲ Yin Yoga Leona 5:15 ▲ Circuit Craze Kerri 6:00 ▲ HV Kayla 6:30 ▲ Dance Fitness Caysie	16 8:30 ☼ Barre/Pilates Fusion Michelle 9:45 ☼ Dance Fitness Jessica 11:15 ▲ Total Body Gold Kim 12:30 ▲ Stretch & Flex Kim 4:30 ☼ Group Power Christine 5:30 ☼ Barre 30 Rebekah 6:00 ▲ HV Tyler	17 8:30 ▲ Spin 45 David H. 9:30 ▲ Yoga Stephanie 10:15 ▲ HV Lacie 11:00 ▲ Dance Fitness Caysie
18 1:15 ☼ Core Strength Christine 2:00 ▲ Cardio Groove Christine 3:30 ▲ Vinyasa Flow Leona	19 8:30 ▲ Cardio Kick Mandy 9:45 ☼ Muscle Pump Lauren 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Yoga Stephanie 5:40 ▲ Strong 30 Rebekah 6:15 ▲ Groove Worx Rebekah 6:30 ▲ HV Lacie	20 8:30 ▲ HIGH Fitness Teresea 10:00 ▲ Function Kathy 5:00 ▲ Muscle Pump Lauren 6:00 ▲ HV Tyler 6:15 ▲ HIIT David H.	21 8:30 ☼ Dance Fitness Mandy 9:45 ☼ Barre/Pilates Fusion Christine 11:15 ▲ Total Body Gold Kim 12:30 ▲ Better Balance Scott 5:30 ● Spin 45 Kathy 6:00 ▲ HV Lauren 6:30 ▲ Cardio Groove Christine	22 8:30 ▲ Strength & Tone Mandy 9:45 ▲ Dance Fitness Mandy 11:15 ▲ Fitness Mix Kim 4:00 ▲ Yin Yoga Leona 5:15 ▲ Circuit Craze Sador 6:00 ▲ HV Kayla 6:30 ▲ Dance Fitness Caysie	23 8:30 ☼ Barre/Pilates Fusion Christine 9:45 ☼ Dance Fitness Jessica 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Stretch & Flex Kathy 4:30 ☼ Group Power Christine 5:30 ☼ Barre 30 Rebekah 6:00 ▲ HV Tyler	24 8:30 ▲ Spin 45 David H. 9:30 ▲ Yoga Stephanie 10:15 ▲ HV Rebekah 11:00 ▲ Dance Fitness Caysie
25 1:15 ☼ Core Strength Christine 2:00 ▲ Cardio Groove Christine 3:30 \$ Essential Yoga Cassie	26 8:30 ▲ Cardio Kick Mandy 9:45 ☼ Muscle Pump Lauren 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Yoga Stephanie 5:40 ▲ Strong 30 Rebekah 6:15 ▲ Groove Worx Melissa 6:30 ▲ HV Lauren	27 8:30 ▲ HIGH Fitness Susan 10:00 ▲ Function Kathy 5:00 ▲ Muscle Pump Lauren 6:00 ▲ HV Rebekah 6:15 ▲ HIIT David H.	28 8:30 ☼ Dance Fitness Michelle 9:45 ☼ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kim 12:30 ▲ Better Balance Scott 5:30 ● Spin 45 Kathy 6:00 ▲ HV Lacie 6:30 ▲ Cardio Groove Christine	29 8:30 ▲ Strength & Tone Mandy 9:45 ▲ Dance Fitness Mandy 11:15 ▲ Fitness Mix Kim 4:00 ▲ Yin Yoga Leona 5:15 ▲ Circuit Craze Kerri 6:00 ▲ HV Kayla 6:30 ▲ Dance Fitness Caysie	30 8:30 ☼ Barre/Pilates Fusion Michelle 9:45 ☼ Dance Fitness Jessica 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Stretch & Flex Kathy 4:30 ☼ Group Power Christine 5:30 ☼ Barre 30 Rebekah 6:00 ▲ HV Tyler	

Instructors subject to change. For current updates, please check our website www.greatbodycompany.com!
 Contact the Group Fitness Director, Lauren Largent, with any questions!
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