



# GBC WELLNESS CENTER MARCH 2020 CLASS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 2:00 ▲ Party Fitness Brad	2 8:30 ▲ Dance Fitness Mandy 9:40 ▲ Function Kathy 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Runner's Yoga Stephanie 4:30 ▲ Low Voltage Abbey B. 5:30 ● Spin 45 Kayla 5:40 ▲ HIIT 30 Brad 6:15 ▲ Groove Worx Melissa 6:30 ▲ HV Abbey B.	3 8:30 ▲ HIGH Fitness Susan 9:30 ▲ R.I.P. Susan 4:30 ▲ Cardio Pump Brad 5:40 ☼ Restorative Yoga Michelle 5:30 ● Spin 45 Kathy 6:45 ☼ HIIT David H. 6:30 ▲ HV Lacie	4 8:40 ▲ Zumba Michelle 8:45 ▲ HV Zach 9:40 ▲ Barre Fit Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Muscle Pump Brad 5:45 ▲ Total Body Steve 6:30 ▲ HV Tyler	5 8:30 ▲ Cardio Kick Mandy 9:30 ▲ Strength & Tone Mandy 11:15 ▲ Fitness Mix Gold Kim 4:30 ▲ Power Yoga Leona 5:30 ▲ Circuit Craze Rebekah 6:15 ● Spin 45 Plus David H. 6:30 ▲ Dance Fitness Caysie 6:30 ▲ HV Kayla	6 8:40 ▲ Dance Fitness Michelle 9:40 ▲ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kathy 12:20 ▲ Stretch & Flex Kathy 5:30 ▲ HV Abbey B.	7 8:30 ● Spin 45 David O. 8:30 ☼ Barre Above Rebekah 9:20 ☼ Yoga Stephanie 10:15 ▲ HV Abbey B. 10:30 ▲ Dance Fitness Caysie		
8 2:00 ▲ Groove Worx Melissa 3:30 ▲ Essential Yoga Cassie	9 8:30 ▲ Dance Fitness Mandy 9:40 ▲ Function Kathy 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Runner's Yoga Stephanie 4:30 ▲ Low Voltage Abbey B. 5:30 ● Spin 45 Kayla 5:40 ▲ Strong30 Rebekah 6:15 ▲ Groove Worx Melissa 6:30 ▲ HV Abbey B.	10 8:30 ▲ Zumba Tacy 9:30 ▲ Muscle Pump Lauren L. 4:30 ▲ Cardio Pump Lauren L. 5:40 ☼ Restorative Yoga Leona 5:30 ● Spin 45 Kathy 6:45 ☼ HIIT David H. 6:30 ▲ HV Lauren L.	11 8:40 ▲ Zumba Michelle 8:45 ▲ HV Lauren L. 9:40 ▲ Barre Fit Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Muscle Pump Lauren L. 5:45 ▲ Total Body Steve 6:30 ▲ HV Abbey B.	12 8:30 ▲ Cardio Kick Mandy 9:30 ▲ Strength & Tone Mandy 11:15 ▲ Fitness Mix Gold Kim 4:30 ▲ Power Yoga Leona 5:30 ▲ R.I.P. Kerri 6:15 ● Spin 45 Plus David H. 6:30 ▲ Dance Fitness Caysie 6:30 ▲ HV Kayla	13 8:40 ▲ Dance Fitness Michelle 9:40 ▲ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kathy 12:20 ▲ Stretch & Flex Kathy 5:30 ▲ HV Lauren L.	14 8:30 ● Spin 45 Hannah L. 8:30 ☼ Barre Above Rebekah 9:20 ☼ Yoga Leona 10:15 ▲ HV Lacie 10:30 ▲ Dance Fitness Caysie		
15 2:00 ● St. Patrick's Day Party Fitness Brad	16 8:30 ▲ Dance Fitness Mandy 9:40 ▲ Function Kathy 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Runner's Yoga Stephanie 4:30 ▲ Low Voltage Abbey B. 5:30 ● Spin 45 Kayla 5:40 ▲ Strong30 Rebekah 6:15 ▲ Groove Worx Melissa 6:30 ▲ HV Abbey B.	17 8:30 ▲ Zumba Tacy 9:30 ▲ R.I.P. Susan 4:30 ▲ Cardio Pump Lauren L. 5:40 ☼ Restorative Yoga Leona 5:30 ● Spin 45 Kathy 6:45 ☼ HIIT David H. 6:30 ▲ HV Lauren L.	18 8:40 ▲ Dance Fitness Mandy 8:45 ▲ HV Lauren L. 9:40 ▲ Barre Fit Cassie 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Muscle Pump Lauren L. 5:45 ▲ Total Body Steve 6:30 ▲ HV Tyler	19 8:30 ▲ Cardio Kick Mandy 9:30 ▲ Strength & Tone Susan 11:15 ▲ Fitness Mix Gold Kim 4:30 ▲ Power Yoga Leona 5:30 ▲ Circuit Craze Kerri 6:15 ● Spin 45 Plus David H. 6:30 ▲ Dance Fitness Mandy 6:30 ▲ HV Kayla	20 8:40 ▲ Zumba Tacy 9:40 ▲ Barre/Pilates Fusion Cassie 11:15 ▲ Total Body Gold Kathy 12:20 ▲ Stretch & Flex Kathy 5:30 ▲ HV Tyler	21 8:30 ● Spin 45 Hannah L. 8:30 ☼ Barre Above Rebekah 9:20 ☼ Yoga Leona 10:15 ▲ HV Lacie 10:30 ▲ Dance Fitness Caysie		
22 2:00 ▲ Groove Worx Melissa	23 8:30 ▲ Dance Fitness Mandy 9:40 ▲ Function Kathy 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Runner's Yoga Stephanie 4:30 ▲ Low Voltage Abbey B. 5:30 ● Spin 45 Kayla 5:40 ▲ Strong30 Rebekah 6:15 ▲ Groove Worx Melissa 6:30 ▲ HV Abbey B.	24 8:30 ▲ Zumba Tacy 9:30 ▲ R.I.P. Susan 4:30 ▲ Cardio Pump Lauren L. 5:40 ☼ Restorative Yoga Leona 5:30 ● Spin 45 Kathy 6:45 ☼ HIIT David H. 6:30 ▲ HV Lauren L.	25 8:40 ▲ Zumba Michelle 8:45 ▲ HV Lauren L. 9:40 ▲ Barre Fit Michelle 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Muscle Pump Lauren L. 5:45 ▲ Total Body Steve 6:30 ▲ HV Abbey B.	26 8:30 ▲ Cardio Kick Mandy 9:30 ▲ Strength & Tone Susan 11:15 ▲ Fitness Mix Gold Kim 4:30 ▲ Power Yoga Leona 5:30 ▲ R.I.P. Kerri 6:15 ● Spin 45 Plus David H. 6:30 ▲ Dance Fitness Caysie 6:30 ▲ HV Kayla	27 8:40 ▲ Dance Fitness Michelle 9:40 ▲ Barre/Pilates Fusion Michelle 11:15 ▲ Total Body Gold Kathy 12:20 ▲ Stretch & Flex Kathy 5:30 ▲ HV Lacie	28 8:30 ● Spin 45 David O. 8:30 ☼ PiYo Ariana 9:00 ☼ Yoga Stephanie 10:15 ▲ HV Lacie 10:30 ▲ Dance Fitness Caysie		
29 2:00 ▲ Party Fitness Brad	30 8:30 ▲ Dance Fitness Mandy 9:40 ▲ Function Kathy 11:15 ▲ Total Body Gold Kathy 12:30 ▲ Better Balance Scott 4:30 ▲ Runner's Yoga Stephanie 4:30 ▲ Low Voltage Abbey B. 5:30 ● Spin 45 Kayla 5:40 ▲ Strong30 Rebekah 6:15 ▲ Groove Worx Melissa 6:30 ▲ HV Abbey B.	31 8:30 ▲ Zumba Tacy 9:30 ▲ R.I.P. Susan 4:30 ▲ Cardio Pump Lauren L. 5:30 ☼ Restorative Yoga Leona 5:30 ● Spin 45 Kathy 6:30 ☼ HIIT David H. 6:30 ▲ HV Lauren L.					<b>Legend:</b> ● - CALL TO RESERVE SPOT ▲ - OPEN TO NON-MEMBERS for \$7 ☼ - NEW CLASS, INSTRUCTOR, OR TIME ● - SPECIAL EVENT	

Instructors subject to change. For current updates, please check our website [www.greatbodycompany.com!](http://www.greatbodycompany.com!)  
 Contact the Group Fitness Manager, Abbey Booher, with any questions!  
 Phone: (423) 378-4111 E-mail: [abbey@greatbodycompany.com](mailto:abbey@greatbodycompany.com)