<table>
<thead>
<tr>
<th>Location</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>Aerobics Studio</strong></td>
<td>5:30-6:45am Hot Vinyasa (All Levels)</td>
<td>5:30-6:45am Hot Vinyasa (All Levels)</td>
<td>5:30-6:45am Hot Vinyasa (All Levels)</td>
<td>5:30-6:30am Indoor Cycling (All Levels)</td>
<td>6:30-7:45am Indoor Cycling (All Levels)</td>
<td>7:30-8:45am Indoor Cycling (All Levels)</td>
<td>8:30-9:30am Indoor Cycling (All Levels)</td>
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<tr>
<td><strong>Yoga Studio</strong></td>
<td>5:30-6:30am Strength &amp; Stretch</td>
<td>5:30-6:30am Strength &amp; Stretch</td>
<td>5:30-6:30am Strength &amp; Stretch</td>
<td>8:00-9:00am Barrecore</td>
<td>9:30-10:30am Barrecore</td>
<td>10:15-11:30am Barrecore</td>
<td>11:00am-12:15pm Barrecore</td>
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<tr>
<td><strong>Aerobics Studio</strong></td>
<td>7:00-8:00am HIT</td>
<td>7:00-8:00am Cycle Fusion</td>
<td>7:00-8:00am Cycle Fusion</td>
<td>7:00-8:00am HIT</td>
<td>9:15-10:15am Hot Vinyasa</td>
<td>9:15-10:15am Hot Vinyasa</td>
<td>10:00-11:00am Hot Vinyasa</td>
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<tr>
<td><strong>Multipurpose Room (MP)</strong></td>
<td>9:30-10:30am Body Burn</td>
<td>9:30-10:30am Body Burn</td>
<td>9:30-10:30am Body Burn</td>
<td>9:30-10:30am Body Burn</td>
<td>9:30-10:30am Body Burn</td>
<td>9:30-10:30am Body Burn</td>
<td>10:00-11:00am Body Burn</td>
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<td><strong>Aerobics Studio</strong></td>
<td>8:15-9:15am Cycle Fusion</td>
<td>8:15-9:15am Cycle Fusion</td>
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<tr>
<td><strong>Yoga Studio</strong></td>
<td>8:15-9:15am Gentle Yoga</td>
<td>8:15-9:15am Gentle Yoga</td>
<td>8:15-9:15am Gentle Yoga</td>
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<td>9:00-10:00am Gentle Yoga</td>
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<tr>
<td><strong>Yoga Studio</strong></td>
<td>8:45-9:45am Yoga, Strength &amp; Balance</td>
<td>8:45-9:45am Yoga, Strength &amp; Balance</td>
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<td>9:00-10:00am Yoga, Strength &amp; Balance</td>
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<td><strong>Yoga Studio</strong></td>
<td>8:30-9:30am Yoballates</td>
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<tr>
<td><strong>Yoga Studio</strong></td>
<td>9:30-10:30am Senior Kenisis Level 1</td>
<td>9:30-10:30am Senior Kenisis Level 1</td>
<td>9:30-10:30am Senior Kenisis Level 1</td>
<td>9:30-10:30am Senior Kenisis Level 1</td>
<td>9:30-10:30am Senior Kenisis Level 1</td>
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<td>10:00-11:00am Senior Kenisis Level 1</td>
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<tr>
<td><strong>Yoga Studio</strong></td>
<td>10:00-10:45am Barre Intervals</td>
<td>10:00-10:45am Barre Intervals</td>
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<td><strong>Yoga Studio</strong></td>
<td>10:45-11:30am Senior Kenisis Level 2</td>
<td>10:45-11:30am Senior Kenisis Level 2</td>
<td>10:45-11:30am Senior Kenisis Level 2</td>
<td>10:45-11:30am Senior Kenisis Level 2</td>
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<td>10:45-11:30am Senior Kenisis Level 2</td>
<td>10:00-11:00am Barre Intervals</td>
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<td><strong>Aerobics Studio</strong></td>
<td>10:30-11:30am Vinyasa (All Levels)</td>
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<td><strong>Aerobics Studio</strong></td>
<td>12:00-1:00pm Hot Vinyasa</td>
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<td>12:00-1:00pm Body Burn</td>
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**Location**
- **Aerobics Studio**
- **Yoga Studio**
- **Multipurpose Room (MP)**

**Program Fees per month:**
- Family Membership: $66.00
- Single Membership: $47.25
- tax not included

For one monthly fee, GPX includes more than 100 Fitness Classes Per Week!

**NON-GPX Members**

**Drop-In Fees**
- 60-minute Aerobics: $7.25
- 75-minute Aerobics: $7.75
- 60-minute Indoor Cycling: $9.00
- 75-minute Indoor Cycling: $10.25
- 60-minute Yoga: $11.50
- 75-minute Yoga: $13.50
- 90-minute Yoga: $15.50
- Senior Yoga: $7.50
- Pilates Mat: $14.00
- Yoballates: $10.50
- Deep/Shallow Liquid Intervals: $7.25
- Barre: $22.00

**NO SIGN UP NECESSARY NON GPX Member fees apply**

Group exercise classes are available to members 12 years of age and older and 7 to 11 years of age when accompanied by an adult.
**AEROBICS**

**BODY BURN**
This is a high calorie burning, muscle pumping class designed to push you to the limits. Every class is designed to maximize your endurance and strength, tone and shape every body part. It also improves balance, stability, flexibility and posture. Great music and energy makes this power hour go by fast!

**CARDIO STEP**
This class incorporates step aerobics with high energy, great music and fun in the perfect formula to make you sweat.

**CORE AND MORE**
Learn exercises to isolate each core muscle group in order to achieve a toner, leaner and stronger core. Strengthen all the muscles in your abdomen and back to reduce pain and enhance your posture.

**CYCLE FUSION**
Challenge your cardiovascular and muscular system with a whole body experience of indoor cycling sculpting, toning and burning fat.

**HIIT**
The class format combines strength and cardio intervals followed by short recovery periods.

**INDOOR CYCLING**
Cycling offers a dynamic, low-impact workout that burns calories and gets your heart pumping. All levels welcome!

**POWER CYCLING**
This hour indoor spin class is intended to enjoy the benefits of the outdoor riding experience, which will increase cardiorespiratory endurance, muscular strength, plus speed work and a cool down. The class concludes with 15 minutes of core work and stretching.

**RIZZMIC**
A new American Dance Fitness Format that uses exclusively American music paired with its authentic choreography. In a Rizzmic class you will experience such variety as hip hop, country, jazz, disco and so much more! No dance experience necessary.

**SENIOR CONDITIONING**
Includes muscular strength, endurance exercises, cardio training and a complete stretching regime.

**SENIOR KINEBISS**
Active Seniors. This is a circuit class that utilizes a variable cable system as well as WBV (Whole Body Vibration), focuses on functional push/pull and rotating resistance for the entire body and core. All movements are modifiable and can be adjusted to meet the needs of the individual, however a baseline of overall cardiovascular fitness and mobility is advised for the older adult prior to joining class.

**STRENGTH AND STRETCH**
Energize your body with this class that combines functional training, core work and stretching that will release tension and increase your flexibility.

**ZUMBA®**
Take the “work” out of workout by mixing low and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program.

**ZUMBA® GOLD**
A version of Zumba taught at a slower pace. Perfect for active adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

**BARRE-X BARRE INTERVAL**
This class will chisel your muscles, kick your core and rev up your metabolism using interval training mixed with barre, weights, bands, balls and floor exercises.

**BARRECORE**
This class blends barre exercises and functional core training. You’ll get a comprehensive workout as you build lean muscles throughout the core, legs and upper body using small, isolated movements.

**EXTEND**
This dance-based class is a combination functional movement and barre technique to give you the perfect balance for your body. Begin with easy-to-follow dance cardio to get your heart rate up followed by strengthening exercise to tone your body.

**MIND & BODY**

**GENTLE YOGA**
Aligning the physical and mental, this practice focuses on gentle movement for extended periods of time. Remaining grounded throughout the practice on the mat, it allows for a healing, nurturing yoga class.

**HATHA YOGA**
Hatha yoga balances the mind and body via physical postures or “asanas,” controlled breathing and meditation. Asanas teach peace, balance, strength and flexibility and are practiced to improve the mind and body.

**YIN YOGA**
Yin Yoga consists of a series of long-held, passive floor poses. This relaxing style of yoga, often referred to as the “the other half”, opens and releases connective tissue, tendons and ligaments. The poses are held for 4 to 5 minutes using various props to support the body.

**YOBALLATES**
Blend of ballet, Pilates and yoga! Class based on the fundamentals of ballet technique with a strong focus on strength and flexibility using your own body weight for resistance. Great for all fitness levels.

**YOGA FUSION**
This class is a mix of yin and vinyasa-style yoga. It begins with a yin practice to soothe and relax the mind and body. Then it moves into a vinyasa flow to increase strength, improve balance, and stretch the body. The best of both worlds! Appropriate for all levels.

**YOGA SCULPT**
Yoga Sculpt is a fusion of basic yoga flow, sculpt training, cardio, and Pilates. You will stretch, strengthen and sweat in this invigorating, high energy class done to upbeat music.

**YOGA, STRENGTH AND BALANCE**
Start class with a bit of vinyasa yoga then do poses to improve your stability, strength and balance.

**WATER AEROBICS**

**DEEP LIQUID INTERVALS**
A 45-minute class incorporating high intensity exercises alternating with core and strength building segments, using various buoyant equipment for optimal training. Zero impact on your joints. All classes can be modified to fit any fitness level. No swimming experience necessary.

**SHALLOW LIQUID INTERVALS**
Great cardio mixed with balance, core and muscle building segments. Low impact on your joints, but great for strength, endurance and burning calories. Hand buoys are used. All classes can be modified to fit any fitness level. No swimming experience necessary.