
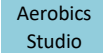

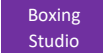


Class schedule is online at [www.greatlifegolf.com/westernhills](http://www.greatlifegolf.com/westernhills)

GreatLIFE at Western Hills

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	Boxing * 5:45am Erika	Cycle 5:30am Mike/Ginger	Boxing * 5:45am Erika	Cycle 5:30am Bobbi	Boxing * 5:45am Erika		
	Beginner Circuit 8:15am Sherry			Cycle 8:15am Sherry		Cycle 8:15am Mike/Ginger	
	Yoga 9:00am Sherry	Boxing * 9:00am Hannah		Yoga 9:00am Sherry	Yoga 9:00am Sherry	Boxing * 9:00am Erika	
				Golf Strengthening & Conditioning 10:15am Sherry			
Evening	Boxing * 4:00pm Hannah	Boxing * 4:00pm Erica	Boxing * 4:00pm Hannah	Boxing * 4:00pm Erica	Boxing * 4:00pm Hannah	   	
	Cycle 5:30pm Mike	Boxing * 5:30pm Erika	Weights 5:30pm Bobbi	Boxing * 5:30pm Erica	Boxing * 5:30pm Erica		Boxing * 5:30pm Erica
	Zumba 6:30pm Jen		Strong Zumba 6pm Jewel				

Beginner Circuit	Get active in less than an hour! Feel fitter, stronger, motivated and encouraged in this group. Incorporate many elements of fitness in a supportive group environment. Modifications are always offered when needed. Class is for all levels.
Boxing *	This 1 hour class uses the fundamentals of a true boxer's workout to strengthen and tone your arms, legs, back, and core. It is the best full-body boxing workout that tones your body, clears your mind, and engages your spirit. Classes are located in the lower level Boxing Studio. Requires a Boxing Membership.
Cardio & Strength	Maximize your time while increasing your caloric burn. Build strength and endurance all at once! Modifications are always offered when needed. Class is for all levels.
Cycle	One hour of high intensity cycling that includes sprints, heavy climbs for strength, and other techniques that target the core. All fitness levels are welcome! Classes are located in the lower level Spin Studio.
Golf Strengthening & Conditioning	It's not all about the clubs. This class will help to improve the functional strength, balance and flexibility of the golfer. Instruction includes how to be more aware of you body mechanics and how that will enhance your game.
Strong Zumba	Combines high intensity interval training with the science of synced music motivation. In every class, music, and moves sync perfectly to push you beyond your limits.
Weights	Full body workout using a variety of equipment - geared to improve overall strength and burn calories.
Yoga	We can work together to increase your balance and flexibility. With fun music and a judgment-free atmosphere. Modifications are always offered when needed. Bring your own mat and props if you'd like. Class is for all levels.
Zumba	Exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance fitness program. You can get fit and help your energy soar.

\* A Boxing Membership is required for Boxing Classes.