
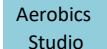
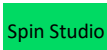
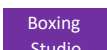


Class schedule is online at www.greatlifegolf.com/-fitness-classes

GreatLIFE at Western Hills

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---------------------------------------|-----------------------------------|------------------------------------|--|--|--|
| Morning | Boxing * 5:45-6:45a Erica | Spin 5:30-6:30a Mike/Ginger | Boxing * 5:45-6:45a Erica | Spin 5:30-6:30a Bobbi | Boxing * 5:45-6:45a Erica | |
| | Beginner Circuit 8:15-9a Sherry | | | Spin 8:15-9a Sherry | Cardio & Strength 8:15-9a Sherry | Spin 8:15-9:a Mike/Ginger |
| | Yoga 9-10a Sherry | Boxing * 9-10a Hannah | | Yoga 9-10a Sherry | Yoga 9-10a Sherry | Boxing * 9-10a Erica |
| | | | | Golf Strengthening & Conditioning 10:15-11:15am | | |
| Evening | Boxing * 4-5p Hannah | Boxing * 4-5p Erica | Boxing * 4-5p Hannah | Boxing * 4-5p Erica | Boxing * 4-5p Hannah |     |
| | Spin 5:30-6:30p Mike | Boxing * 5:30-6:30p Erica | Weights 5:30-6:30p Bobbi | Boxing * 5:30-6:30p Erica | Boxing * 5:30-6:30p Erica | |
| | Zumba 6:30-7:30p Jen | | Strong Zumba 6:30-7pm Jewell | | | |

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|-----------------------------------|--|
| 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.