

# GCL Group Fitness Class Schedule

TO SIGN UP FOR CLASS:

SCAN ME!



## May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Strong &amp; Stretch</b> 6:30 – 7:00 AM Sean GCL</p>	<p><b>Basketball</b> 6:30 – 8:00 AM (Pick Up) GCL</p>	<p><b>Pickleball</b> 6:30 – 8:00 AM (Pick Up) GCL</p>	<p><b>Basketball</b> 6:30 – 8:00 AM (Pick Up) GCL</p>	<p><b>TRX Training</b> 6:30 – 7:00 AM Dee GCL</p>
<p><b>Functional Fitness</b> 12:15 – 1:00 PM Sean GCL</p>		<p><b>Functional Fitness</b> 12:15 – 1:00 PM Sean GCL</p>	<p><b>Functional Fitness</b> 12:15 – 1:00 PM Sean GCL</p>	<p><b>TRX Training</b> 12:15 – 1:00 PM Dee GCL</p>
<p><b>Total Body Burn</b> 5:30 – 6:15 PM Ryan GCL</p>	<p><b>Futsal</b> 5:30 – 7:00 PM (Pick Up) GCL</p>	<p><b>Cardio Sculpt</b> 5:30 – 6:15 PM Brennan GCL</p>	<p><b>Pick Your Poison</b> 5:30 – 6:15 PM Brennan GCL</p>	
		<p><b>Pickleball</b> 5:30 – 7:00 PM (Pick Up) GCL</p>		

Classes will begin on time, please arrive a few minutes early to set-up your equipment. For safety reasons, late arrivals will not be admitted to join the class. Professionally managed by HealthFitness, the leading provider of employee health solutions.

# Group Fitness Class Descriptions

## **BOOT CAMP**

A fast-paced total-body workout combining strength training and cardio challenges. Expect your heart rate to climb while building strength and endurance.

## **FUNCTIONAL FITNESS**

Designed to support everyday movement. Improve strength, mobility, and durability with exercises that translate directly to real-life activities.

## **MORNING MAT WORKOUT**

A controlled, mat-based workout emphasizing core strength, posture, flexibility, and stress reduction.

## **CARDIO SCULPT**

The best of both worlds — heart-pumping cardio and muscle-shaping strength. Includes HIIT-style intervals like Tabata paired with strength circuits.

## **TRX TRAINING**

A suspension-based workout using bodyweight and gravity to build strength, core stability, and flexibility. Easily adjustable for all levels.

## **TOTAL BODY BURN**

A complete workout targeting both upper and lower body to boost metabolism, build strength, and keep you moving.

## **PICK YOUR POISON**

This class is a mystery each week, tailored to what **you** want! Message before class for a special request!

## **BASKETBALL (PICKUP PLAY)**

Pickup games on the GCL court with rotating teams. A fun, competitive way to get moving.

## **PICKLEBALL (PICKUP PLAY)**

Instructor-led basics or open play to develop skills and enjoy friendly competition.

## **FUTSAL (PICKUP PLAY)**

Indoor hard-court soccer with a heavier ball, smaller goals, and fast-paced play.

## **OPEN GYM**

Open court time for recreational play and individual activities.

## **TOTAL BODY BLAST**

If you want to have fun strength training and doing cardio, this class is for you!