

SHERRILENE ADDS NEW FITNESS, PRIVATE TRAINING AND COMMUNITY CLASSES

NEW: EFFECTIVE JAN 2026

- Check out **my classes** and **new classes** (highlighted in yellow) at GHF Main Center, Woman's Center and at Tioga.
- I am doing **private training** in all of the **Pilates modalities** (Chair, Reformer, Tower, Jump board and the Bodhi Suspension) on Saturday afternoons.
- My Sunday 5.15 pm **Pilates mat** class is **live streamed** by going to www.ghfc.com/live
- I am starting a **Hot Stretch class** in Jan 2026.
- I am leading **walking groups** on Saturday mornings, **Full Moon Walks** 1x per month and Adventure travel with trekking and hiking 4 x per year. More information can be found from <https://www.yoursacredsummit.com/communitycorner>.



MORE INFORMATION

- **GHF Web-site:** <https://www.ghfc.com/class-schedules.aspx>
- **Community: Adventure Travel:** see <https://www.yoursacredsummit.com/travel>
- **Community: Saturday Morning Walks:** <https://www.yoursacredsummit.com/eventcalendar>



TIME	MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning Classes						
7 AM	Pilates Chair (Main, as from Feb 2026)					
8 AM		Hot Stretch (Main in Hot Yoga Studio)			Walking Group 8-11 AM. Details on website. yoursacredsummit.com	
9 AM		Bodhi Suspension (Main)				
11 AM			Pilates mat (Women's)			
12 PM			Sit to be Fit (Women's)			
Afternoon Classes						
2 PM					Private Training (Main)	
3 PM					Private Training (Main)	Adv. Reformer/ Tower (Main)
4 PM				Chair (Main)	Private Training (Main)	Chair (Main)
Evening Classes						
5 PM	BOSU (5.15 PM; HIIT; Tioga)		Cardio- Circuit (5.15 PM; HIIT; Tioga)	Bodhi Suspension (Main)	Private Training (Main)	Pilates Mat (5.15 PM Main)
6 PM				Adv. Reformer/ Tower (Main)		
6.30 PM	Pilates Chair (Tioga)		Pilates Mat (Tioga)			

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