



Group Fitness Class Schedule

Effective October 1, 2017

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:30 CYCLE Lisa	5:30-6:30 LES MILLS BODYPUMP Angie CYCLE Amy	5:30-6:30 LES MILLS BODYCOMBAT Michelle	5:30-6:30 LES MILLS BODYPUMP Lisa	5:30-6:30 CYCLE Lisa		
8:00-8:30 PIYO LIVE! Ally	8:00-8:30 LES MILLS CXWORX Lindsay	8:00-8:30 PIYO LIVE! Ally	8:00-8:30 LES MILLS CXWORX Lindsay	6:00-6:30 LES MILLS GRIT SERIES Jason	8:00-9:00 CYCLE Lisa	
8:30-9:30 BLENDED Sarah	8:30-9:30 LES MILLS BODYFLOW Jennifer	8:30-9:30 BLENDED BOOTCAMP Jodie Lori	8:30-9:30 LES MILLS BODYFLOW Kerry	8:30-9:30 BLENDED Emily	8:30-9:30 BARRE Jodie	8:30-9:30 CYCLE Natania
9:30-10:30 LES MILLS BODYPUMP Emily 9:30-10:30 CYCLE Jennifer	9:30-10:15 ATHLETIC CHALLENGE Jeanean	9:30-10:30 LES MILLS BODYCOMBAT Rose	9:30-10:00 LES MILLS GRIT SERIES Lori 9:30-10:30 CYCLE Jennifer	9:30-10:30 BARRE BOOTCAMP Jodie Grant	9:30-10:00 ATHLETIC CHALLENGE Grant	9:30-10:15 LES MILLS BODYPUMP Steve/Kerry
10:30-11:15 SilverSneakers FITNESS Lisa	10:30-11:30 BARRE Jodie	10:30-11:15 SILVER&FIT EXPERIENCE Lisa	10:00-10:30 LES MILLS BODYPUMP Emily	9:30-10:15 ** SilverSneakers FITNESS Circuit Meghan	10:00-10:30 LES MILLS BODYCOMBAT Michelle	10:30-11:30 LES MILLS BODYFLOW Kerry/Anne
11:15-12:00 SilverSneakers FITNESS Yoga Stretch Meghan	11:30-12:00 ZUMBA GOLD Meghan		10:45 - 11:15 GENTLE STRENGTH (fitness floor) Meghan	10:30-11:30 POWER YOGA Shena	10:30-11:30 ZUMBA FITNESS Janna	
4:30-5:30 LES MILLS BODYPUMP Michaele			11:15-12:00 Gentle Yoga Meghan			
5:30-6:30 BARRE Jodie	5:30-6:30 LES MILLS BODYCOMBAT Michelle	5:30-6:30 ZUMBA FITNESS Janna	4:30-5:30 BARRE Becky			
5:30-6:30 BOOTCAMP Lori	6:30-7:30 LES MILLS BODYFLOW Anne	5:30-6:30 CYCLE Susan	5:30-6:00 LES MILLS GRIT SERIES Jason			
6:30-7:30 ZUMBA FITNESS Janna	7:30-8:30 LES MILLS BODYPUMP Steve	6:30-7:30 LES MILLS BODYPUMP Ben	6:00-7:00 LES MILLS BODYFLOW Jennifer			

Heritage Hills Athletic Club www.heritagehillsathleticclub.com

2810 East Prospect Road York, PA 17402 (717)757-4833

Classes are subject to cancellation with low member attendance. Like us on FaceBook!

*Class located downstairs in Fortitude room **Class located on second floor in back room



Group Fitness Class Descriptions

Athletic Challenge: Burn fat, build stamina & test your endurance. Format and equipment used will change each week to make for increased calorie burn and total body workout. Moves include high knee jogs, squats, push-ups, jumping jacks and sports-style plyometric drills.

Barre: Barre is a workout designed to tone, trim and transform the body with a fusion of ballet, Pilates and resistance training. Utilizing the barre, band, ball and glide board and blending dynamic movement with calorie-blasting cardio, barre targets those trouble zones such as hips, thighs, glutes and core delivering one powerful workout with amazing results.

Blended: Strengthen, tone, firm and add muscle tone. This class incorporates freestyle step and freestyle weight training followed by mat work.

BodyCombat: The empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BodyFlow: This class is a Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to create a holistic workout that brings the body into a state of harmony & balance.

BodyPump: The original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

BOOTCAMP: Your CHANGE is in the CHALLENGE- so challenge yourself at HHAC BOOTCAMP, a program geared towards all fitness levels. Modifications are always offered. You will experience drills affecting the entire body endurance, agility, speed, power, strength, lifting, HIIT, and more! Are you ready? Come and take it on!

CXWorx: Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do, from everyday life to your favorite sports - it's the glue that holds everything together. All the moves in CXWORX™ have options. Work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.

Cycle: Control your resistance and make pedaling as tough as you like. Focus on your endurance and strength as you climb to high intensity and recovery.

Gentle Strength: A 45 min full body workout utilizing the strength training machines on the main fitness floor. Instructor led to ensure proper technique, weight selection, and equipment use.

GRIT™: Designed in a 30 minute format, the series consists of three different types of exercise stations which include GRIT Strength™, GRIT Cardio™ and GRIT Plyo™. Each of the GRIT SERIES™ classes is a high intensity 30 minute training session that hits you where the name implies. Designed to get the absolute maximum out of you in just 30 minutes, these sessions are truly explosive so you can get in, work your heart out, and get out. All of the LES MILLS GRIT™ Series sessions are designed with more individualized instructor coaching and motivation.

PiYo™: PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. If you are a cardio junkie, add PiYo into your rotation to build strength and flexibility. If you lift weights, add PiYo to lengthen the muscle fibers and build great returns on the work you are already putting in.

Power Yoga: A series of poses that will move you through the power of inhaling and exhaling. Vinyasa movements are smoothly flowing and almost dancelike. Benefits include not only physical, but mental as well.

Silver & Fit™: This class is for moderately active older adults who exercise in some way, one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, and cardiovascular endurance.

Silver Sneakers™: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit - Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work using handheld weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

Silver Sneakers® Yoga Stretch: A gentle form of yoga that can be done from a mostly seated position or using a chair as a prop. This class incorporates the breathing and mind-body benefits of a traditional class, with a focus on improving flexibility, posture, and balance.

Xtreme FIT: uses the metabolic workout components of a CrossFit style class.

We use dumbbells, kettlebells, medicine balls along with bodyweight movements - squats, sit-ups, push-ups and cardio exercises - burpees, running, box jumps, rowing.

*there is no advanced Olympic lifting in this class**

Yoga: A mixture of Vinyasa style flow with some longer holds. Providing alignment and other body centering cues, yet encouraging you to feel your way through the practice from the inside out. While the basic structure of the class is geared towards a moderate level, you are welcome to make the class as gentle or as challenging as you like.

Zumba®: A Latin-inspired, dance-fitness class that incorporates Latin & international music & dance movements, creating a dynamic, exciting, exhilarating & effective fitness system. Fast & slow rhythms that tone & sculpt the body using an aerobic/fitness approach to achieve blended balance of cardio & muscle-toning benefits. No dance experience required.

ZUMBA Gold® - Designed for the active older adult or true beginner, ZUMBA Gold focuses on balance, range of motion, and coordination. Join this low impact, easy-to-follow, Latin-inspired dance fitness party that keeps you in the groove of life.