



# Group Fitness Class Schedule

Effective February 22, 2018

MON	TUE	WED	THU	FRI	SAT	SUN
5:30-6:00 <b>LES MILLS</b> <b>sprint</b> Lisa	5:30-6:30 <b>LES MILLS</b> <b>BODYPUMP</b> Angie <b>CYCLE</b> Amy	5:30-6:30 <b>LES MILLS</b> <b>BODYCOMBAT</b> Michelle	5:30-6:30 <b>LES MILLS</b> <b>BODYPUMP</b> Lisa <b>CYCLE</b> Emily	5:30-6:30 <b>CYCLE</b> Lisa	8:00-8:30 <b>CYCLE</b> Lisa	
8:00-8:30 <b>PIYO</b> Ally	8:00-8:30 <b>LES MILLS</b> <b>CXWORX</b> Lindsay	8:00-8:30 <b>PIYO</b> Ally	8:00-8:30 <b>LES MILLS</b> <b>CXWORX</b> Lindsay	6:00-6:30 <b>LES MILLS</b> <b>GRIT</b> Jason	8:30-9:00 <b>LES MILLS</b> <b>sprint</b> Lisa	
8:30-9:30 <b>BLENDED</b> Sarah	8:30-9:30 <b>LES MILLS</b> <b>BODYFLOW</b> Jennifer	8:30-9:30 <b>BLENDED</b> Jodie <b>BOOTCAMP</b> Cody	8:30-9:30 <b>LES MILLS</b> <b>BODYFLOW</b> Kerry	8:30-9:30 <b>BLENDED</b> Emily	8:30-9:30 <b>BARRE</b> Jodie	
9:30-10:30 <b>LES MILLS</b> <b>BODYPUMP</b> Emily <b>CYCLE</b> Jennifer	9:30-10:30 <b>ATHLETIC</b> <b>CHALLENGE</b> Rose	9:30-10:30 <b>LES MILLS</b> <b>BODYCOMBAT</b> Rose	9:30-10:00 <b>ATHLETIC</b> <b>CHALLENGE</b> Laurie <b>CYCLE</b> Jennifer	9:00-9:30 <b>LES MILLS</b> <b>sprint</b> Lisa Schreiber	9:30-10:30 <b>LES MILLS</b> <b>BODYCOMBAT</b> Michelle/Hollie	9:30-10:15 <b>LES MILLS</b> <b>BODYPUMP</b> Steve/Kerry
10:30-11:15 <b>HEALTHWAYS</b> <b>Silver Sneakers</b> FITNESS Lisa	10:30-11:30 <b>BARRE</b> Jodie	10:30-11:15 <b>SILVER&amp;FIT</b> EXPERIENCE Lisa	10:00-10:30 <b>LES MILLS</b> <b>BODYPUMP</b> Emily	9:30-10:30 <b>BARRE</b> Jodie <b>BOOTCAMP</b> Kristen	10:30-11:30 <b>ZUMBA</b> FITNESS Corrie <b>OR</b>	10:30-11:30 <b>LES MILLS</b> <b>BODYFLOW</b> Kerry/Anne
11:15-12:00 <b>HEALTHWAYS</b> <b>Silver Sneakers</b> FITNESS <b>Yoga Stretch</b> Meghan	11:30-12:15 <b>ZUMBA</b> gold Meghan		10:45-11:15 <b>Silver Sneakers</b> <b>BOOM</b> <b>Strength</b> Meghan	9:30-10:15 <b>Silver Sneakers</b> Circuit Meghan	10:30-11:30 <b>POUND</b> ROCKOUT. WORKOUT. Meghan <b>Alternate every week</b>	
4:30-5:30 <b>LES MILLS</b> <b>BODYPUMP</b> Michaele		5:30-6:00 <b>LES MILLS</b> <b>GRIT</b> Jason	11:30-12:00 <b>HEALTHWAYS</b> <b>Silver Sneakers</b> FITNESS <b>Yoga Stretch</b> Meghan			
5:30-6:30 <b>BARRE</b> Jodie	5:30-6:30 <b>KICK/STEP</b> Lisa F	6:00-6:45 <b>POUND</b> ROCKOUT. WORKOUT. Meghan	5:00-6:00 <b>BARRE</b> Becky			
5:30-6:00 <b>LES MILLS</b> <b>sprint</b> Lori	6:30-7:30 <b>LES MILLS</b> <b>BODYFLOW</b> Anne	6:00-6:30 <b>LES MILLS</b> <b>sprint</b> Lisa Sands	6:00-7:00 <b>STRONG</b> BY ZUMBA Corrie	5:30-6:00 <b>LES MILLS</b> <b>sprint</b> Lisa Schreiber		
6:30-7:30 <b>ZUMBA</b> FITNESS Corrie	7:30-8:30 <b>LES MILLS</b> <b>BODYPUMP</b> Steve	6:45-7:45 <b>LES MILLS</b> <b>BODYCOMBAT</b> Michelle/Hollie	7:00-8:00 <b>LES MILLS</b> <b>BODYFLOW</b> Jennifer			



### **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**

A combination of Pilates, yoga, and ballet-inspired moves utilizing the barre, band, ball and glides while 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!

### **BOOM STRENGTH/MUSCLE**

Muscle incorporates athletic-based exercises that improve upper body conditioning. The focus of this class is on toning muscles and building overall strength

### **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. 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 training tempo as you focus on your endurance and strength. All fitness levels.

### **GRIT™ Les Mills**

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 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.

### **KICKBOXING/STEP**

An action-packed, high-intensity, boxing inspired workout that combines athletic drills with a series of punching and kicking combinations for the first half. Then shape and tone your butt and thighs with an energizing workout using a height adjustable step.

### **PiYo®**

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

### **POUND® (coming soon)**

This workout fuses cardio interval training with drumming to provide a challenging, heart-pumping workout.

### **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 Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### **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.

### **SPRINT Les Mills**

A 30-min high-intensity interval training(HIIT) workout, using an indoor bike to achieve fast results.

### **STRONG by ZUMBA®**

STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, lunge, and burpee is driven by the music helping you make it to that last rep!

### **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®**

Active older adults who are looking for a modified ZUMBA class. Original moves you love at a lower intensity.