

GROUP FITNESS SCHEDULE

FALL 2017



Lisa Medawar, VP, Fitness
 Effective September 11th
 www.hrcfitness.com
 *classes subject to change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
GROUP FITNESS							
AM							
	8:00 – 9:00 Soft Yoga Carolyn Dojo	6:00 – 7:00 Core and HBT Lorrie St. A	6:15 – 7:15 Yoga 1 Carolyn Dojo			7:30 – 8:25 Boot Camp Lorrie St. A	
		9:00 – 10:00 Yoga I Sarah Dojo	9:15 – 10:00 Step Lisa/Melanie St. A	9:00 – 10:00 Zumba Diane St. A	9:00 – 10:00 Yoga I Joni Dojo	8:30 – 9:25 Kickboxing Betsy St. A	
9:30 – 10:15 Step Alice St. A	8:30 – 9:00 Tabata Lisa St. A	10:10 – 11:10 Core and HBT Lorrie St. A	10:00 – 10:20 Abs Lisa/Melanie St. A	10:10 – 11:10 Boot Camp Lorrie St. A	9:15 – 10:10 Drums Alive Lisa St. A	9:30 – 10:25 Super Step Lisa / Kathy St. A	
10:15 – 11:00 Toning Alice St. A	9:15 – 10:15 Zumba Diane St. A		10:20 – 11:10 Total Body Blast Melanie St. A		10:15 – 11:15 Upper Cuts Lorrie St. A	9:45 – 10:30 Intro Yoga Sarah St. E	
	10:30 – 11:30 PiYo Nicole Dojo	10:10 – 11:00 Barre Diane St. B	10:20 – 11:10 Suspension Lorrie Ft. rm.	10:30 – 11:30 PiYo Nicole Dojo		10:30 – 11:30 Zumba Diane / Kristy St. A	
			SIGN-UP REQUIRED Visit Member Services for assistance		11:00 – 12:00 Zumba Gold Chrissy C. St. E	10:45 – 11:45 Yoga I Sarah St. E	
PM							
SMALL GROUP TRAINING *See member services for full schedule and pricing. 		1:15 – 2:15 SilverSneakers* Lorrie St. A	2:45 – 3:45 Tai Chi Chih Janet St. E	1:15 – 2:15 SilverSneakers* Lorrie St. A		* Classic @Muscular Strength & Range of Movement	
		5:30 – 6:25 Kettle bell Anthony Ft. rm.		4:15 – 5:00 Zumba Toning Chrissy F. St. E	4:15 – 5:00 STRONG Kristy St. E	4:45 – 5:30 STRONG Kristy St. E	
		5:40 – 6:25 Core Plus Betsy St. E	6:00 – 6:55 PiYo Nicole Ft. Rm	6:10 – 6:55 Upper Cuts Betsy Ft. rm.	5:45 – 6:30 Pilates Val St. E	5:35 – 6:30 Yoga Ashwini St. E	* new classes/times or new instructor
		6:30 – 7:30 Kickboxing Betsy Ft. rm.	7:00 – 8:00 Yoga 1 Sarah St. E	7:00 – 7:30 CORE Betsy St. E	6:35 – 7:35 Zumba Chrissy F. St. E		STAY UP TO DATE ON SCHEDULE CHANGES Sign-up for classes. HRC FITNESS APP!
		6:30 – 7:25 Zumba Kristy St. E	7:00 – 7:30 Abs Anthony Ft. rm.	7:35 – 8:30 Yoga Ashwini St. E			
			7:35 – 8:30 Boot-camp Anthony Ft. rm.				
AQUA FITNESS							
	9:00 – 9:45am Aqua Fitness, Rosie		9:00 – 9:45am Aqua Fitness, Rosie		9:00 – 9:45am Aqua Fitness, Rosie		
	10:00 – 10:45am Aqua Fitness Melanie		10:00 – 10:45am Aqua Fitness Hailey		10:00 – 10:45am Aqua Fitness, Melanie		
	10:45 – 12:00pm Aqua Volley		10:45 – 12:00pm Aqua Volley		10:45 – 12:00pm Aqua Volley		
		7:00 – 8:00pm Aqua Fitness - Liz		7:00 – 8:00pm Aqua Fitness - Liz			
GROUP SPIN							
			5:45 – 6:30 am Nina Ft. Rm.		6:00 – 7:00 am Kristi Ft. Rm.		
9:00 – 10:00am Metchel Ft. Rm.		9:15 – 10:00am Lisa Ft. Rm.				8:00 – 9:00am Rich Ft. Rm	
	7:45 – 8:45pm Rich Ft. Rm		7:00 – 8:00pm Kristi Ft. Rm.				

Class Descriptions

Aqua Fitness: Recommended for men and women of any age! Enjoy our warm pool, improve joint flexibility, and reduce stiffness and pain. Increased muscle strength, coordination, endurance, stretching & aerobic work are included in this great total body workout. Give it a try!

Aqua Volley: Volleyball in the pool (paired w/aerobic moves) provides an excellent workout and a lot of fun!

Barre: Inspired by Dance, Barre combines Pilates, yoga and ballet moves to give you sculpted, lean muscles.

Boot Camp: A circuit style class cycling through 1 minute of cardio, 1 minute of lower body emphasis, 1 minute emphasizing upper body, and 1 minute of core exercises. A class consists of 7-8 cycles.

Core: A high intensity class that provides a variety of exercises to firm and tone the core.

Core Plus: Full body strengthening, with focus on the core muscles.

Drums Alive: This Cardio class combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout!

HBT: Hips, Butt & Thighs, great for everything below the waist. Abs too!

Kettlebells: Resembling a cannonball with a handle, kettlebells are used to develop overall strength and endurance. Their asymmetrical design allows for a dynamic range of motion with each repetition. Movements are explosive and target muscle groups used in everyday activities. Participants looking for full body conditioning will find it in this "old school" method.

Kickboxing: - This class combines the traditions of martial arts with the fundamentals of boxing to condition the entire body. Participants will work on bags and off (Gloves available for purchase at front desk, or loaner gloves available in class)

Pilates: Pilates teaches over 500 exercises most of which target the abdomen, back, and buttocks. With a strong stable core, the torso will take pressure off fragile limbs to improve breathing, balance, and posture.

PiYo: PiYo isn't like standard Pilates and yoga classes that make you hold long, intense poses, or lead you through dozens of repetitive, microscopic core movements. PiYo speeds everything up—including your results—by introducing you to dynamic, flowing sequences that can burn serious calories at the same time as they lengthen and tone your muscles and increase your flexibility.

SilverSneakers Classic® - Muscular Strength & Range of Movement: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Spinning: An aerobics class held on stationary bikes, a 45 - 60 minute ride featuring flats, hills, jumps, and sprints. First time riders should arrive 10 minutes early to get set up on their bikes. Bring water bottle and a small towel.

Step: A low impact cardio workout using the adjustable step bench for a total body workout.

STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation.

Suspension Training: Inspired by TRX (Total Body Resistance Cross Training), body weight maneuvers are used throughout this new and innovative class. Suspend yourself at various angles to tone & blast away fat.

Tabata: High intensity interval training which is broken down into 4 sessions, each session is 4 minutes long and consists of 20 seconds of intense training and 10 seconds of rest for total of 8 sessions or rounds.

Tai Chi Chih: is a series of 19 gentle, fluid movements and 1 pose that activate, circulate and balance the intrinsic energy of the body known as chi. The practice can be performed by individuals of most any age, ability or condition, while standing or sitting.

Toning: A 45 minute class using light hand-held weights. Workout will include strengthening moves for abs, upper and lower body.

Total Body Blast: resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Upper Cuts: A class that provides a variety of exercises to firm the muscles of the upper body using hand-held weights.

Yoga 2: Yoga postures, breathing exercises (pranayama) and brief relaxation and meditation. In each class, there will be an explanation of effect of each posture and breathing exercise.

Intro Yoga: beginner friendly positions, if you are new to Yoga, have flexibility challenges or would like a refresher on the basics. This class will leave you feeling strong and energized and limber.

SOFT YOGA: A slow and mindful approach to our traditional flow yoga. Focus is on stretching, breath work and relaxation. Perfect for all levels including those recovering from injury.

Zumba: Join the Party!! Zumba combines Latin and international music with dance. The music's beat and tempo changes transition the workout from toning to strengthening, or cardio move to another. **Zumba Gold for beginners and Seniors!**

Zumba Toning: Zumba workout targeted to strengthen and tone your entire body. Light hand weights will be used.