



Group Fitness Schedule Spring 2017

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Effective March 27th 2017
www.hrcfitness.com
***classes subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP FITNESS						
AM						
	6:00 – 7:00 Core and HBT Lorrie St. A	6:15 - 7:15 Yoga 1 Carolyn Dojo <small>Starting 4/19</small>	SMALL GROUP TRAINING COMING SOON!		7:30 - 8:25 Boot Camp Lorrie St. A	
	9:00 – 10:00 Yoga I Sarah Dojo	9:15 – 10:00 Step Lisa 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	
8:30 – 9:00 Tabata Lisa St. A	10:10 – 11:10 Core and HBT Lorrie St. A	10:00 – 10:20 Abs Lisa St. A	10:10 – 11:10 Boot Camp Lorrie St. A	9:15 – 10:00 Drums Alive Lisa St. A	9:30 – 10:25 Super Step Lisa / Kathy St. A	9:30 – 10:15 Step Alice St. A
9:15 – 10:15 Zumba Diane St. A		10:20 – 11:20 UpperCts/Suspension Lorrie/Lisa St. A / Ft. rm.		10:15 – 11:15 Upper Cuts Lorrie St. A	9:45 -10:30 Intro Yoga Sarah St. E	10:15 – 11:00 Toning Alice St. A
10:30 – 11:30 PiYo Nicole Dojo	10:10 – 11:00 Barre Diane St. B		10:30 – 11:30 PiYo Nicole Dojo	11:00 – 12:00 Zumba Gold Chrissy C. St. E	10:30 – 11:30 Zumba Diane /Kristy St. A	
					10:45 – 11:45 Yoga I Sarah St. E	
PM						
	1:15 – 2:15 SilverSneakers Classic ®* Lorrie St. A		1:15 – 2:15 SilverSneakers Classic ®* Lorrie St. A			
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		*Muscular Strength &Range of Movement
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 <small>Starting 4/4</small>	7:00 – 7:30 CORE Betsy St. E	6:35 – 7:35 Zumba Chrissy F. St. E			
6:30 – 7:25 Zumba Kristy St. E	7:00 – 7:30 Abs Anthony Ft. rm.	7:35 – 8:30 Yoga Ashwini St. E				
7:30 – 8:15 Barre Diane St. E	7:35 – 8:30 Boot-camp Anthony Ft. rm.					
AQUATIC EXERCISE						
9:00 – 9:45am Aqua Aerobics, Rosie		9:00 – 9:45am Aqua Aerobics, Rosie		9:00 – 9:45am Aqua Aerobics, Rosie		
10:00 – 10:45am Aqua Aerobics, Megan		10:00 – 10:45am Aqua Aerobics, Hailey		10:00 – 10:45am Aqua Aerobics, Megan		
10:45 – 12:00pm Aqua Volley		10:45 – 12:00pm Aqua Volley		10:45 – 12:00pm Aqua Volley		
	7:00 - 8:00pm Aqua Aerobics - Liz		7:00 - 8:00pm Aqua Aerobics - Liz			
GROUP SPIN CLASSES						
		5:45 – 6:30 am Nina Ft. Rm.		6:00 – 7:00 am Kristi Ft. Rm.		
	9:15 – 10:00am Lisa Ft. Rm.				8:00 – 9:00am Rich Ft. Rm	9:00 -10:00am Metchel Ft. Rm.
7:45 – 8:45pm Stephanie Ft. Rm.		7:00 – 8:00pm Kristi Ft. Rm.				



Class Descriptions

Aqua Aerobics: 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 Variety: Class format includes 30 minutes of regular aqua aerobics, 15 minutes of toning exercises (with barbells and noodles) and 15 minutes of water yoga and stretching.

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

Aqua Zumba: everything you love about zumba fitness without any impact on your joints. Come join the party! **Coming soon to our spring schedule**

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® - 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.

Spin Metabolic – High Intensity anaerobic class which combines 20 minutes of warmups on the bike as well as 6 body weight exercises off the bike using a pyramid format, which will last for 30 seconds each. (examples of body weight exercises, pushups, squats, lunges). Improve cardiovascular capacity and your VO2 Max.

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 a total of 8 sessions or rounds.

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

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

Yoga: Yoga postures, breathing exercises (pranayama) and also 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.

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.