

MON	TUE	WED	THU	FRI	SAT	SUN
5:30 - 6:30am Kickbox! <i>Jes</i>		5:30 - 6:30am H.I.I.T <i>Rosa</i>	5:30 - 6:30am Rise & Grind <i>Kathy</i>	5:30 - 6:30am TBC <i>Kathy</i>		
8:15 - 8:55am Dynamic Strength <i>Patti</i>	8:15 - 9:10am ZUMBA®! * <i>Yeye</i>	8:15 - 9:10am Dynamic Interval <i>Patti</i>	8:15 - 9:10am Yoga <i>Tobi</i>	8:15 - 9:10am ZUMBA®! * <i>Yeye</i>	8:00 - 8:55am ZUMBA®! * <i>Yeye</i>	8:00 - 8:55am Bodyweight Cardio <i>Patti</i>
9:30 - 10:25am Belly Butt & Arms <i>Joan</i>	9:30 - 10:25am Super Step <i>Donna</i>	9:30 - 10:25am TBC Circuit* <i>Troy</i>	9:15 - 10:10am ZUMBA®! * <i>Yeye</i>	9:30 - 10:25am Cardio Fusion* <i>Cecilia</i>	9:15 - 10:10am FitBarre* <i>Cecilia</i>	9:00 - 9:55am Strictly Strength <i>Patti</i>
9:30 - 10:15am Run For It! * <i>Melanie</i>	9:30 - 10:15am Run For It! * <i>Melanie</i>	9:30 - 10:15am Ellip-t-core* <i>Melanie</i>	9:30-10:15am Run For It* <i>Melanie</i>	9:30 - 10:15am Ellip-t-core* <i>Melanie</i>	10:15 - 11:10am Streamline Sculpt <i>Robin</i>	10:15 - 11:30am Yoga All Levels <i>Judy</i>
11:00 - 11:55am ZUMBA®! * <i>Yeye</i>	11:00 - 11:55am ZUMBA Gold®! <i>Angelica</i>	10:30 - 11:45am Yoga <i>Laura</i>	10:20-11:00am Core Sculpt <i>Melanie</i>	11:00 - 11:55am Pilates Mat <i>Laura</i>	11:30 - 12:25pm Barbell Power* <i>Cecilia</i>	12:00 - 12:55pm Ballet Sculpt <i>Pofina</i>
12:00 - 1:00pm Balance & Strength <i>Jan</i>	1:30 - 2:25pm Yoga All Levels <i>Judy</i>	1:00 - 1:55pm Low Impact Resistance <i>Donna</i>	12:15 - 1:10pm TBC Basic <i>Donna</i>	12:00 - 12:55pm ZUMBA Gold®! <i>Yeye</i>	12:30 - 1:45pm Yoga <i>Tobi</i>	
4:30 - 5:45pm Power Yoga <i>Tasia</i>	4:30 - 5:25pm TBC <i>Joan</i>	4:30 - 5:25pm 3-2-1 Fit! <i>Randy</i>	4:30 - 5:25pm Interval Fitness* <i>Randy</i>	4:30 - 5:25pm Pilates Mat <i>Mary Ellen</i>	4:00 - 4:55pm Total Body Pilates <i>Jan</i>	4:00 - 4:55pm Pilates Mat <i>Dorothy</i>
6:00 - 6:55pm TBC Circuit* <i>Troy</i>	5:30 - 6:25pm Latin Fusion <i>Cecilia</i>	5:30 - 6:25pm Yoga <i>Tobi</i>	5:30 - 6:25pm Streamline Sculpt <i>Robin</i>	5:30 - 6:25pm TBC Circuit* <i>Troy</i>		5:00 - 6:00pm ZUMBA®! <i>Gustavo</i>
7:00 - 7:40pm Pilates Mat <i>Jan</i>	7:00 - 7:55pm Total Body Pilates <i>Laura</i>	6:30 - 7:25pm Kickbox! <i>Jes</i>	6:30 - 7:30pm Yoga <i>Tobi</i>			
7:45 - 8:40pm ZUMBA®! * <i>Yeye</i>	8:00 - 8:45pm Interval Express <i>Randy</i>	7:45 - 8:40pm ZUMBA®! * <i>Natasha</i>	7:45 - 8:45pm TBC Core Strength <i>Randy</i>			
8:00 - 8:45pm Run For It! <i>Rosa</i>						

*Reservation required
October 26th-31st :
FRIENDS FREE #HFHalloweenParty

Shaded classes are off peak



CLASS DESCRIPTIONS

3-2-1 Fit!

A high intensity class comprised of focused intervals grouped as follows: 3 one-minute intervals of strength training, 2 one-minute intervals of core work and one minute of cardio. Repeat until firm to the touch! Get fit in 3...2...1!

Balance & Strength

A Pilates based class designed to improve posture and balance by focusing on alignment and strength.

Ballet Sculpt

This one of a kind ballet-based workout combines the basic principles of ballet with the powerful technique of Pilates. The class has a graceful flow of movement that challenges the body to tone, define and lengthen. All levels are welcomed.

Barbell Power

A challenging strength training and muscle endurance class using the barbell to work the muscles of the upper and lower body. Take weight lifting to the next level with this great new class!

Belly Butt & Arms

Sculpt your body beautiful with this strength-based toning class! Get strapless dress-worthy arms and more with a variety of exercises designed to target core, booty and arms.

Bodyweight Cardio

Bodyweight Cardio is all the rage! It's effective, efficient, and you can take it with you and do it anywhere! Get the most bang for your buck and experience the hottest trend in cardio this year!

Cardio Fusion

Cardio interval training that combines a little bit of hi/lo impact aerobics, basic kickboxing and total body conditioning. Get ready to SWEAT!

Core Sculpt

Create a strong core, test your balance, and build lean muscle with a variety of equipment in this core-focused class.

Dynamic Interval

Get strong here with power moves and heavier weights! Mixed with cardio intervals, there's no better formula for torching fat! You better work!

Dynamic Strength

More POWER please! Studies show lifting heavy weights is the best way to change the shape of your body for the better! Take your workout up a notch and fear no dumbbells!

Ellip-t-core

A 45-minute cardio interval workout on the elliptical machines that focuses on your core, with varying levels of resistance.

FitBarre

A fusion of ballet inspired movements, light sculpting and Pilates mat. This class creates strong, sculpted muscle while working on flexibility and posture.

H.I.I.T.

High Intensity Interval Training is all the rage in fitness right now because nothing changes your body faster! Put in your maximum effort for maximum results!

Interval Express

This class is the perfect 45 minute fat blaster! Intervals of cardio and strength training get the job done quick – a good sweat is guaranteed!

Interval Fitness

High intensity intervals, circuit training, and creative exercises combine in this ever-changing and ever-challenging class. Cardio and strength training together will improve your fitness level fast!

Kickbox!

Kickboxing is fun! Come get your sweat on with kicks, punches and total body strengthening exercises. Change how you look and feel with this high-energy cardio conditioning class!

Latin Fusion

Shake your hips and dance to the Latin beats with this one of a kind class! Work your core and sculpt lean, chiseled muscles with this amazing total body cardio workout! Wepa!!!!

Low Impact Resistance

Resistance Bands offer a challenging and effective muscle-strengthening workout. That, coupled with a bit of low impact cardio, will leave you feeling strong and energized!

Pilates Mat

Increase your flexibility and strength with precision exercises that focus on the core. Create longer and stronger muscles with the format chosen by ballet dancers worldwide!

Power Yoga

This strengthening and centering practice builds from a foundation of vinyasa flow, correct anatomical alignment and power. Awaken your inner fire and experience the invigorating magic of power yoga!

Rise & Grind

This is your wake up call, ladies! Early morning exercise is said to be extra effective, so set your alarm and join the fun with this combination cardio and strength class that's just a little different every time to keep your body guessing!

Run For It!

A 45 minute cardio interval workout on the treadmill with varying levels of intensity. You'll be motivated in a group while you walk, jog and run up and down hills.

Super Step

Get your heart pumping with this fast-paced step class! Add a few powerful weight intervals to the mix and you're in for a killer workout!

Streamline Sculpt

This conditioning class combines barre, Pilates and ballet movements to lengthen, strengthen and tone! Using a variety of weights and different types of resistance, you will feel stronger, taller and sleeker in no time!

Strictly Strength

Let's hit the weights, ladies! Strength training is an absolutely essential element for achieving your fitness goals and maintaining long term youthfulness! Learn how to get stronger in this strictly strength focused class!

Total Body Conditioning (TBC)

A class designed to target all major muscle groups using a variety of equipment such as weights, bands and bars for total body strength and conditioning.

TBC Basic

A total body conditioning class for strengthening all major muscle groups in a safe and modifiable way.

TBC Circuit

A high energy, full body workout in a creative circuit format! You'll love how this class keeps you moving, focused and interested as you move from one exercise to the next in timed intervals. A fun team vibe makes it go super-fast!

TBC Core Strength

This is your Total Body Conditioning class with extra focus on the area we all love to work – the core! In addition to a complete, head-to-toe workout, your abs and lower back will get the extra attention they need!

Total Body Pilates

Sculpt your whole body beautiful with the method that dancers love best - Pilates! With a strong emphasis on core strength and full body muscle toning, this is an excellent, modifiable workout for everyone!

Yoga

Increase your strength and flexibility with yoga! A hatha style class involving a combination of vinyasa flow and holding poses. Focus on the breath is encouraged, as is listening to your body and modifying as needed.

Yoga All Levels

This yoga class caters to all ability levels. Precise form is taught and adjustments are made to encourage proper technique. More advanced students will have the opportunity to take poses to a more challenging level.

ZUMBA!

Lively Latin music is combined with Afro-centric beats in this motivating, dance-based aerobic workout. No former dance background needed, just shake your hips and join in the fun!

ZUMBA Gold!®

Lively Latin and world music is featured in this fun, motivating, dance-based beginner level class with minimal impact on the joints. No former dance background needed.

Studio classes can hold a maximum of 27 participants. Some will have smaller maximum participants due to space required or equipment used.

There is a 2-minute forfeiture policy for all sign-up classes. If you are not present 2 minutes before class start time, you forfeit your spot. We will fill the open spot on a "first come first served" basis with priority given to members on the waitlist.

Reservations can be made as early as 5:00am 2 days in advance at the front desk. **Check in is required.** No-shows will be charged \$25.

For Safety:

- members may not enter a class 5 minutes after the class has begun
- members may not enter the studio or spin room until the previous class is over

Class instructor is subject to change without notice. Classes averaging fewer than 10 participants may be dropped in future months.