

LIVE + OUTDOOR SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
7:00A - 7:45A TOTAL BODY P Vanessa	7:00A - 7:45A SHRED P Vanessa	7:00A - 8:00A TOTAL BODY (Z) Stacy		7:00A - 7:45A HIIT P Jess	8:00A - 9:00A ZUMBA (Z) Yeye	8:00A - 9:00A ZUMBA (Z) Angelica
8:00A - 8:45A ZUMBA P Yeye		8:15A - 9:00A ZUMBA P Yeye	8:00A - 8:45A ZUMBA P Stacy	8:30A - 9:15A *BARRE P Jess	8:30A - 9:15A TOTAL BODY P Jamie	9:00A - 9:45A *STUDIO CYCLE (Z) Vanessa
9:30A - 10:30A POWER HIIT (Z) Stacy	9:30A - 10:15A *CARDIO BOX P Stacy	9:15A - 10:00A *BOOTCAMP P Jess		9:30A - 10:30A CARDIO BLAST (Z) Cecilia	9:30A - 10:15A *FITBARRE P Cecilia	10:00A - 11:00A YOGA (Z) Judy
10:30A - 11:15A *PILATES (H) Jess	10:30A - 11:30A BARRE (Z) Stacy	9:30A - 10:30A FITBARRE (Z) Cecilia	9:45A - 10:30A *HIIT P Cecilia	10:00A - 11:00A SCULPT (Z) Jess	10:30A - 11:15A *CARDIO HIIT P Cecilia	10:00A - 10:45A TOTAL BODY P Vanessa
4:30P - 5:15P *YOGA TONE (H) Jamie		1:30P - 2:30P YOGA (Z) Judy		11:00A - 12:00P ZUMBA (Z) Angelica	10:30A - 11:30A SCULPT (Z) Jess	12:15P - 1:15P STRETCH & SCULPT (Z) Jamie
5:30P - 5:45P *STUDIO CYCLE (H) Vanessa	5:30P - 6:15P *HIIT P Cecilia	4:30P - 5:15P TOTAL BODY P Jamie	5:30P - 6:15P *SHRED P Robbie		11:30A - 12:15P *STUDIO CYCLE (H) Cecilia	
5:30P - 6:30P UPPER CUTS + ABS (Z) Cecilia	5:30P - 6:15P SCULPT (Z) Jess	5:30P - 6:30P TKO (Z) Cecilia		5:30P - 6:15P SLOW BURN P Jamie		
6:15P - 7:00P *BARRE P Stacy	6:30P - 7:15P *CHISEL P Cecilia	5:30P - 6:15P *STUDIO CYCLE (H) Vanessa	6:00P - 6:45P *MINDFUL VINYASA FLOW (H) Liz			
7:00P - 7:45P *STUDIO CYCLE (H) Cecilia	7:15P - 8:00P *SCULPT (H) Jamie	6:45P - 7:30P *HIIT P Vanessa	6:45P - 7:15P *CARDIO KICKBOX P Cecilia	6:30P - 7:30P GENTLE YOGA (Z) Liz		
7:15P - 8:00P *CARDIO DANCE P Stacy	7:30P - 8:15P ZUMBA P Angelica	7:00P - 8:00P CORE (Z) Cecilia	7:30P - 8:15P ZUMBA P Yeye			
		7:00P - 7:45P ZUMBA (H) Yeye				

(Z) ZOOM LIVE

P HF PARKING LOT
max capacity: 20

(H) HF STUDIO
max capacity: 8

(M) MAMARONECK HARBOR
max capacity: 10

*HF LOT / HF STUDIO / MAMARONECK HARBOR: Reservation required through iclub online | non-members \$20/class
Bring your own mat, towel, water, mask, hand sanitizer. Social distance rules must be followed.

ZOOM LIVE CLASSES: info sent to all members on virtual plan

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CLASS DESCRIPTIONS

- The max participants in the studio is 8, parking lot is 20 and harbor is 10.
- For sign-up classes, if you are not present at the start of class 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 72 hours in advance at the front desk or online via iClub. Check in is required. No-shows will be subject to a \$10 fee
- For safety, members may not enter the studio until the previous class is over and members may not enter a class 5 minutes after the class has begun.
- Please follow ALL COVID guidelines and sanitize before & after class | social distancing is a must!

BARRE

Experience the transformative power of this barre-inspired class! Using light weights, bands and small movements may look easy, but you will feel the fire! Great for tightening and toning!

BODYWEIGHT BARRE

All the benefits of barre without any equipment! Surprisingly challenging and effective, this class will get your muscles burning fast! Get strong, tight and toned!

BOOTCAMP

Work your total body with nonstop intervals of strength and cardio! This powerful class will get you sweating and smiling in no time!

CARDIO BLAST

Hardcore cardio training that combines hi/lo impact aerobics, kickboxing and total body conditioning, followed by focused muscle work. Get ready to SWEAT!

CARDIO BOX

This class combines classic cardio moves with boxing drills to keep your heart rate up and your mind engaged! Perfect for burning fat and getting stress out of your system!

CARDIO DANCE

Get your heart rate up with this dance-based cardio class designed to be challenging and fun! Learning the choreography and enjoying the music makes the time fly— you’ll be sweating in no time!

CARDIO H.I.I.T.

High intensity interval training is all the rage because nothing changes your body faster! This class focuses on cardio intervals for maximum sweat and maximum fat burn! Put in your maximum effort for maximum results!

CHISEL

This powerful class format features 3 strength intervals followed by 1 cardio interval – perfect for getting strong AND keeping that sweat going! You’re going to love this balance of power!

CORE

Create a strong core, test your balance and build lean muscle with this challenging and multi-faceted core-focused class.

CORE SCULPT

Approaching core strength and flexibility from all sides is the focus of this class. Stretches throughout will get you through the hard parts!

FITBARRE

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

GENTLE YOGA

A soft approach to the benefits of yoga, this class will teach you breath and relaxation techniques as well as gentle yoga poses that will have you feeling rejuvenated and refreshed! Practice self-care with gentle yoga.

H.I.I.T.

High intensity interval training is all the rage because nothing changes your body faster! This class combines cardio and strength intervals, keeping you burning calories even after class is over.

POWER H.I.I.T.

The fastest way to change your body, this class combines powerful strength and plyo moves for extra intensity! Put in maximum effort for maximum results!

TOTAL BODY

A class designed to target all major muscle groups using a variety of approaches and different equipment as well as pure bodyweight moves. Cardio may be involved!

SCULPT

A strength and toning focused class using various weights and bands, standing movements and matwork. Start sculpting and see the toning results quick!

SHRED

This bootcamp style class will take you through strength, cardio and skill drill intervals to get the maximum burn! A fun and motivating total body approach and a challenging workout!

SLOW BURN

Combine the steady strength work of a Sculpt class, the power of Pilates, and the burn of bodyweight work and you have Slow Burn! Challenging, but approachable, you’ll love it.

STUDIO CYCLE

Indoor cycling classes are a great way to get your cardio in! Get in the zone with great music and motivational coaching from your instructor— you’ll have your cardio done in no time and you’ll walk out feeling fabulous!

TKO

MMA (mixed martial arts) style combinations mixed with athletic drills— it’s kickboxing turned WAY up! This class is a total knock out!

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.

YOGATONE

This yoga-inspired sculpt class involves using small weights and combining yoga holds, balance work and toning moves for full body strengthening and stretching.

ZUMBA®

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

