

GROUP CLASSES

HEALTHYFIT

MON	TUE	WED	THU	FRI	SAT	SUN
7:45A - 8:30A *ZUMBA® H Yeye	6:30A - 7:15A 'HIIT H Tamicka	6:30A - 7:30A TOTAL BODY S Stacy	7:00A - 7:45A 'BARRE H Alison	7:00A - 7:45A *HIIT P/H Jess	7:45A - 8:30A *ZUMBA® H Yeye	8:00A - 8:45A *ZUMBA® H Angelica
9:30A - 10:15A *CARDIO FUSION H Cecilia	9:30A - 10:15A *CARDIO BOX P/H Cecilia	8:15A - 9:00A *ZUMBA® H Yeye	9:30A - 10:15A *STRENGTH P/H Cecilia	9:30A - 10:15A *CARDIO BLAST H Cecilia	8:45A - 9:30A *TOTAL BODY P Jamie	9:00A - 9:45A *STUDIO CYCLE Tamicka
12:15P - 1:00P *TOTAL BODY S Donna	10:30A - 11:15A *BARRE H Cecilia	10:15A - 11:00A *PILATES MAT H Jamie	10:25A - 10:55A *CORE XPRESS H Cecilia	11:00A - 11:45A *ZUMBA® H Angelica	10:45A - 11:45A SCULPT S Jess	10:00A - 11:00A YOGA P Judy
4:15P - 5:00P *STRENGTH H Jamie	12:30P - 1:15P *BALANCE & STRENGTH S Jamie	1:30P - 2:30P YOGA H Judy	4:30P - 5:15P *TOTAL BODY H Jamie	12:30P - 1:15P *BALANCE & STRENGTH S Jamie	11:45A - 12:30P *BARBELL POWER S Cecilia	10:00A - 10:45A *TOTAL BODY P Tamicka
5:15P - 6:00P *STUDIO CYCLE Tamicka	5:30P - 6:00P *EXPRESS S Cecilia	5:30P - 6:15P *CARDIO BOX HIIT H Cecilia	5:30P - 6:15P *STUDIO CYCLE Cecilia	5:30P - 6:15P *SLOW BURN P/H Jamie	12:45P - 1:30P *YOGA FLOW WITH REIKI S Liz	12:30P - 1:15P *STRETCH & SCULPT H Jamie
5:15P - 6:00P *UPPER CUTS + ABS H Cecilia	5:30P - 6:15P SCULPT S Jess	6:00P - 6:45P *STUDIO CYCLE Vanessa	6:30P - 7:15P *MINDFUL VINYASA FLOW S Liz	5:45P - 6:30P *GENTLE YOGA S Liz		
6:15P - 7:00P *BARRE P/H Stacy	6:15P - 6:55P *CHISEL P Cecilia	6:15P - 7:45P *STRENGTH P/H Cecilia	6:30P - 7:15P *STUDIO CYCLE Lindsay	6:45P - 7:30P *CARDIO KICKBOX P/H Cecilia		
7:15P - 8:00P *STUDIO CYCLE Cecilia	7:00P - 7:45P *BARRE H Cecilia	7:30P - 8:15P *ZUMBA® H Yeye	7:45P - 8:30P *ZUMBA® H Yeye			
7:15P - 8:00P *DANCE FUSION H Alison	8:00P - 8:45P *ZUMBA® H Angelica					

CLUB HOURS

Monday - Friday: 6am-9pm
 Saturday & Sunday: 7:30am-6pm

*HF LOT / HF STUDIO:

Reservation required through iclub online | non-members \$20/class.
 Bring your own mat, towel, water, mask, sanitizer.
 ALL social distance rules must be followed.

ZOOM LIVE CLASSES:

If your membership is active, we'll send the ID/Password your way!

WEATHER CHANGES:

When the weather is in the low 40's or above 90 degrees and not conducive for outdoor workouts, those marked P/H will be moved to the studio and streamed on zoom. There's just a few classes that cannot be brought inside due to scheduling conflicts – if they are marked P/S and we're unable to be outdoors, the class will be on Zoom only. If a class is marked just P, it will be brought inside and not available on Zoom. For the most up to date info on weather related class changes, please call the club directly.



HF STUDIO
max capacity: 12-16



HF PARKING LOT
max capacity: 24



ZOOM LIVE



HYBRID: Studio + Live
max studio capacity: 12-16

CLASS DESCRIPTIONS

BALANCE & STRENGTH

Feel steadier and more confident moving through your daily activities, plus stronger in your other workouts too! This class combines focused balance work with modifiable strength training and core work for a well-rounded fitness routine!

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 FUSION

This mix of high and low impact cardio moves combined with strategic breaks for resistance training will keep your heart pumping and build your strength and endurance!

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.

ELLIPTICORE

Get your cardio done in 45 minutes with guided intervals on the elliptical.

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.

PILATES MAT

Stretch and tone with this classical approach used by ballet dancers and athletes for decades. With an extra focus on core strength, you'll feel longer and leaner walking out.

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.

STRENGTH

Strength training is an absolutely essential component of attaining your fitness goals and maintaining long-term youthfulness! Learn how to get stronger in this strictly strength-focused class (hint: it starts with taking heavier weights!)

STRETCH & SCULPT

A primarily Pilates based class, this format combines relaxing stretches with challenging toning exercises to leave you feeling strong and rejuvenated!

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!

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!

TOTAL BODY (LOW IMPACT)

A more modified approach to Total Body, this class offers an alternative to the higher intensity format. A low impact warm up is followed by strength training, balance work and core training. Finish with a relaxing stretch and you're good to go!

TOTAL BODY XPRESS

A quick 30 minute workout designed to target all major muscle groups.

UPPER CUTS AND ABS

Focus on upper body and core strength with this powerful class! Using weights as well as bodyweight movements, you will see and feel the difference in no time!

VINYASA FLOW

Get strong, loose and centered with this energetic flow class. Flow means that you will move fluidly from one position to the next, connecting to the breath as you go. Find your flow with this calming and strengthening class.

XPRESS

Work more than core in this intense format! You'll make every minute count in this fast but efficient class—get in, get out, get fit!

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 FLOW WITH REIKI

Reiki is defined as universal life energy. It's a Japanese technique for stress reduction and healing. This yoga class is designed to encourage you to connect to breath, move with steadiness and ease into your own flowing pace.

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

