

# GROUP CLASSES

JANUARY 2022

MON	TUE	WED	THU	FRI	SAT	SUN
7:45A - 8:30A *ZUMBA® H Yeye	6:30A - 7:15A HIIT H Tamicka	5:45A - 6:30A STUDIO CYCLE Tamicka	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
8:45A - 9:30A *STRENGTH S Cecilia	8:30A - 9:15A TOTAL BODY S Jamie	6:30A - 7:15A TOTAL BODY H Jess	8:00A - 8:45A *ZUMBA® H Yeye	8:45A - 9:30A *CHISEL S Cecilia	8:45A - 9:15A *XPRESS P Cecilia	9:00A - 9:45A Tamicka
9:45A - 10:30A *CARDIO FUSION S Cecilia	9:30A - 10:15A *CARDIO BOX H Cecilia	9:15A - 10:00A *BOOTCAMP S Jess	9:30A - 10:15A *STRENGTH H Cecilia	9:45A - 10:30A *CARDIO BLAST H Cecilia	9:30A - 10:15A *FITBARRE H Cecilia	9:00A - 9:45A *YOGA H Judy
12:15P - 1:00P TOTAL BODY S Donna	10:30A - 11:15A *BARRE H Cecilia	10:15A - 11:00A *PILATES MAT H Jamie	10:30A - 11:00A *CORE XPRESS H Cecilia	11:00A - 11:45A *ZUMBA® GOLD H Angelica	10:30A - 11:15A *STUDIO CYCLE Cecilia	10:00A - 10:45A *TOTAL BODY P Tamicka
4:15P - 5:00P *STRENGTH S Jamie	12:30P - 1:15P *BALANCE & STRENGTH S Jamie	1:30P - 2:30P YOGA H Judy	12:15P - 1:00P *LOW IMPACT RESISTANCE S Donna	12:30P - 1:15P *BALANCE & STRENGTH S Jamie	11:30A - 12:15P *BARBELL POWER S Cecilia	12:30P - 1:15P *STRETCH & SCULPT H Jamie
5:15P - 6:00P *FLEX H Cecilia	4:30P - 5:15P STUDIO CYCLE Cecilia	4:30P - 5:15P TOTAL BODY H Jamie	4:30P - 5:15P *TOTAL BODY CIRCUIT S Amanda	5:30P - 6:15P *STUDIO CYCLE Cecilia	5:30P - 6:15P *PILATES SCULPT H Jamie	
5:30P - 6:15P *STUDIO CYCLE Jamie	5:30P - 6:00P *EXPRESS S Cecilia	5:30P - 6:15P *CARDIO BOX HIIT H Cecilia	5:45P - 6:30P *MINDFUL VINYASA FLOW S Liz	6:30P - 7:30P *GENTLE YOGA S Liz		
6:15P - 7:00P *BARRE H Cecilia	6:15P - 6:55P *CHISEL S Cecilia	6:30P - 7:15P *BARBELL POWER S Cecilia	6:45P - 7:30P *TKO H Cecilia			
7:15P - 7:45P *CORE XPRESS H Alison	7:00P - 7:45P *POWER PILATES H Cecilia	7:30P - 8:15P *STUDIO CYCLE Tamicka	7:45P - 8:30P *ZUMBA® H Yeye			
8:00P - 8:45P *ZUMBA® H Yeye	8:00P - 8:45P *ZUMBA® H Angelica					

## CLUB HOURS

Monday - Friday: 5am-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/○ 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: 15-18



HF PARKING LOT  
max capacity: 24



ZOOM LIVE



HYBRID: Studio + Live

# 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 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.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.

## FLEX

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!

## 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.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.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!

## 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 + 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.

## 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.