

GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30–7:30A	POWER PACE Michael	MUSCLE PUMP Studio 2 —Michele	GOOD MORNING YOGA Studio 2 —Clyde	MUSCLE PUMP Studio 2 —Michael	POWER PACE Michael	
9:30-11:00						POWER PACE + Michael
12–12:45P		WAGA Pool—Denys		WAGA Pool—Denys	ZUMBA Studio 1— Miriam	
12–12:50P		MUSCLE PUMP Studio 2 — Holly/Miriam		MS&C Studio 2— Deb		
12-12:55 P			YOGA Studio 2 —Clyde			
12:05–1P	BASIC STEP Studio 2 —Michele	POWER PACE Iva	POWER PACE Cat	POWER PACE Heather		
		CMC Studio 1 Celeste				
12:15–1P	BOOT CAMP Studio 1 — Sean				BOOT CAMP Studio 2 — John	
1:05–2P	YOGA Studio 2 — Tiiu	PILATES Studio 1 — Celeste	CLUB MIX Studio 2 — Michael		YOGA Studio 2— Dana	
5–5:30 P		ABS PLUS Studio 2 — Michael		ABS PLUS Studio 2 — Michael		
5:30-6:15 P			BOOT CAMP Studio 2 — Sean			
5:30–6:30P	YOGA Studio 1 —Maureen		POWER PACE Michael	YOGA Studio 1—Maureen		
	POWER PACE Iva & Cat					
6:00-7:00 P	COMBO PUMP Studio 2— Michael	TRADITIONAL CHINESE MARTIAL ARTS Studio 2 — Floyd	ZUMBA Studio 1— Samira	TRADITIONAL CHINESE MARTIAL ARTS Studio 2— Floyd		
6:30-7:30P	*BELLY DANCE-ADV Studio 1 — Alanna					
7:30-8:30P	*BELLY DANCE-BEG Studio 2— Alanna					

*Denotes class fee

CLASS DESCRIPTIONS

ABSOLUTE CORE	Class designed to concentrate on abdominal muscle group, and includes back and legs. Class incorporates music.
BASIC STEP	Basic, high energy step. It will get your heart pumping and body toned. Abs and stretching are always added the end.
BOOT CAMP	Designed to make you feel as if you were going through a military boot camp (Minus all of the screaming!). Full of abdominal, upper and lower body exercises to get anyone into the shape of a soldier!
CLUB MIX	Anything goes! Class combines high/low aerobics, jump rope, step, weights, bars and more to create a high intensity workout.
COMBO PUMP	A vigorous muscle and aerobic conditioning class, for all levels, that incorporates controlled muscle movement using light to moderate weight and cardio box and kick routines for cardio-respiratory endurance.
CMC	Core Muscle Conditioning. Takes you back to basics with a lot of core involvement. Use of weights, bands and bars.
YOGA	Flowing, vinyasa style...more athletic than many traditional yoga classes. An intelligent workout that uses the body as both a gym and a temple. A strong emphasis on breath, proper alignment and tuning into the subtle energies that yoga practice can create.
HATHA YOGA	In this yoga class we strive to present a life-changing experience. Focus on breathing, strength-building, emotional and physical balance, and concentration. The style is slow, strong and sensual, suitable for beginners and experienced students
MUSCLE PUMP	Total body toning/resistance class with hand-held weights, bands, bars, balls and more! Class incorporates music.
MS&E	Muscle Strength & Endurance: toning and conditioning with lighter weights put to choreography.
PILATES	Mat style.
POWER PACE	High intensity cycling class. Entire class is performed to music on the Lemond Revmaster spin bike. To participate, pick up class "ticket" at the front desk. Spots can be reserved the morning of class.
TCMA	Traditional Chinese Martial Arts- A combination of "Dragon Fist Kung Fu," Tai Chi standardized 24 and 48 posture forms, and Tai Chi Sword
WAGA	This class is a great combination of water aerobics and Yoga.
ZUMBA	Dance aerobic class set to Latin moves and rhythms.

SPECIAL PROGRAMS

ASSESSMENTS	Professionally-trained and certified Exercise Physiologist will take you through a fitness assessment. Includes cardiovascular, strength, flexibility, body composition, blood pressure and nutrition assessments. An HFC orientation is included. Set realistic goals and prescribe exercise and recreational activities based on the results of your assessment. Free for HFC Athletic Club members.
LEAGUES	Racquetball and tennis. Contact the Athletic Director Michele Gorman for details.
LESSONS	Swimming. Single and buddy are available. Contact Athletic Director Michele Gorman for details.
MASSAGE	Thirty and sixty-minute sessions are available. Contact the front desk to schedule your appointment.
PERSONAL TRAINING	One-on-one motivational training for complete individualized workouts, specializing in weight loss, decreased body fat, endurance, toning, and muscular strength. By appointment.
NUTRITION	Looking to lose weight? We offer three different nutritional programs plus a Registered Dietician.