

GROUP EXERCISE SCHEDULE

OCT 23rd - DEC 31st

Please visit www.hempfieldrec.com for the current schedule and any changes that were made to the schedule.

ALL CLASSES SUBJECT TO CHANGE BASED ON ATTENDANCE!

MONDAY

5:30 a.m.	Cycling	Cycling Studio
5:30 a.m.	BODYPUMP®	Fitness Studio
6:30 a.m.	YOGA	Fitness Studio
8:30 a.m.	Zumba®	Fitness Studio
9:00 a.m.	SilverSneakers® Circuit (45 Min. Class)	Aerobic Studio
9:30 a.m.	BODYPUMP®	Fitness Studio
9:30 a.m.	Cycling	Cycling Studio
10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio
10:30 a.m.	CXWORX™ (30 Min. Class)	Fitness Studio
4:30 p.m.	BODYSTEP®	Fitness Studio
5:30 p.m.	Cycling	Cycling Studio
5:30 p.m.	BODYPUMP® EXPRESS (30 Min. Class)	Fitness Studio
6:05 p.m.	BODYATTACK™ (30 Min. Class)	Fitness Studio
6:40 p.m.	CXWORX™ (30 Min. Class)	Fitness Studio
7:15 p.m.	BODYFLOW®	Fitness Studio

TUESDAY

5:30 a.m.	BODYFLOW®	Fitness Studio
5:30 a.m.	BODYSTEP®	Aerobic Studio
8:30 a.m.	BODYVIVE 3.1™ (45 Min. Class)	Fitness Studio
9:15 a.m.	Yoga® (60 Min. Class)	Gym
9:15 a.m.	HIIT (45 Min. Class)	Fitness Studio
10:00 a.m.	Zumba®	Fitness Studio
10:05	RPM	Spin Studio
10:15 a.m.	SilverSneakers® Cardio (45 Min. Class)	Aerobic Studio
11:30 a.m.	Zumba Gold® (45 Min. Class)	Fitness Studio
5:30 p.m.	HIIT	Fitness Studio
5:30 p.m.	Step N Tone	Aerobic Studio
6:30 p.m.	RPM™	Cycling Studio
6:30 p.m.	BODYPUMP®	Fitness Studio
7:30 p.m.	Zumba®	Fitness Studio

WEDNESDAY

5:30 a.m.	Cycling	Cycling Studio
5:30 a.m.	T. B.C.	Fitness Studio
8:30 a.m.	BODYCOMBAT™	Fitness Studio
8:45 a.m.	BOOM (30 Min. Class)	Aerobic Studio
9:30 a.m.	Cycling	Cycling Studio
9:30 a.m.	BODYPUMP®	Fitness Studio
10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio
10:30 a.m.	BODYVIVE 3.1™ CARDIO(30 Min. Class)	Fitness Studio
11:05 a.m.	YOGA	Fitness Studio
4:30 p.m.	BODYSTEP®	Fitness Studio
5:30 p.m.	BODYCOMBAT®	Fitness Studio
5:30 p.m.	Cycling	Cycling Studio
6:40 p.m.	CXWORX™ (30 Min. Class)	Fitness Studio
7:15 p.m.	BODYFLOW®	Fitness Studio

THURSDAY

5:30 a.m.	BODYATTACK™	Fitness Studio
8:30 a.m.	BODYVIVE 3.1 (45 Min. Class)	Fitness Studio
9:15 a.m.	YOGA (60 Min. Class)	Gym
9:15 a.m.	HIIT (45 Min. Class)	Fitness Studio
10:00 a.m.	Zumba	Fitness Studio
10:05 a.m.	RPM	Cycling Studio
10:15 a.m.	SilverSneakers® Cardio (45 Min. Class)	Aerobic Studio
11:30 a.m.	Zumba Gold® (45 Min. Class)	Fitness Studio
5:30 p.m.	HIIT	Fitness Studio
5:30 p.m.	Step N Tone	Aerobic Studio
6:05 p.m.	RPM (starting 9/7/17)	Cycling Studio
6:30 p.m.	BODYPUMP®	Fitness Studio
6:30 p.m.	YOGA	Dance Studio
7:30 p.m.	Zumba	Fitness Studio

FRIDAY

5:30 a.m.	RPM™	Cycling Studio
5:30 a.m.	BODYFLOW®	Fitness Studio
8:00 a.m.	BODYVIVE	Dance Studio
8:30 a.m.	Zumba®	Fitness Studio
9:00 a.m.	SilverSneakers®: Circuit (45 Min. Class)	Aerobic Studio
9:30 a.m.	BODYPUMP®	Fitness Studio
9:30 a.m.	Cycling	Cycling Studio
10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio
10:30 a.m.	CXWORX™ (30 Min. Class)	Fitness Studio
11:00 a.m.	GENTLE YOGA	Aerobic Studio

SATURDAY

7:30 a.m.	T.B.C. (60 Min. Class)	Fitness Studio
8:35 a.m.	Zumba® (60 Min. Class)	Fitness Studio
9:00 a.m.	Cycling	Cycling Studio
9:00 a.m.	YOGA	Dance Studio
9:40 a.m.	BODYPUMP®	Fitness Studio

SUNDAY

7:45 a.m.	Yoga	Fitness Studio
9:00 a.m.	BODYFLOW®	Fitness Studio
10:00 a.m.	CXWORX™ (30 Min. Class)	Fitness Studio

**All Cycling & PUMP classes need to pick up ticket 30 minutes prior to each class!*

No need to call the fitness center to reserve bikes.

**** All changes are effective starting the week of 6/12/2017****

ALL CLASSES FREE TO MEMBERS!

Racquet and Pool members may \$50 per session

NON-MEMBERS:

Group Exercise Classes; \$90R/\$100NR per session

Guaranteed Cycling: \$90R/\$100NR per session (2 guaranteed classes per week)

Guest Pass/Pay As You Go- \$10