

Group Ex Schedule

Effective October 3_{v2}

Please continually check the website for an updated schedule, as it may change frequently.

Monday

Morning

5:30	RPM 45Exp	turf
5:45	Step-n-Tone 45Min	fitness
8:30	Zumba	fitness
9:30	BODYPUMP™	fitness
9:30	Cycling	turf

Afternoon

5:30	BODYPUMP™ 30Exp	fitness
5:30	Cycling	turf
6:00	POUND®	TRX
6:05	BODYATTACK™ 30Exp	fitness

Tuesday

Morning

5:30	BODYFLOW™	fitness
8:30	Core	fitness
9:15	HIIT	fitness
9:15	Yoga	gym
10:00	Zumba	fitness

Afternoon

4:30	BODYSTEP™	fitness
5:30	HIIT	fitness
6:00	BODYFLOW™	TRX
6:30	BODYPUMP™	fitness
6:30	RPM™	turf

Wednesday

Morning

5:30	TBC	fitness
5:30	RPM 45Exp	turf
8:30	Body Wt. Bootcamp	fitness
9:30	Cycling	turf
9:30	BODYPUMP™	fitness
10:30	Power Yoga 45Min	fitness

Afternoon

5:30	Zumba 45Min	fitness
6:20	POUND®	TRX
6:30	Yoga	fitness

Thursday

Morning

5:30	BODYATTACK™	fitness
8:30	Sweat & Sculpt	fitness
9:15	HIIT	fitness
9:15	Yoga	gym
10:00	Zumba	fitness

Afternoon

4:30	Dance Energy	fitness
5:30	HIIT	fitness
6:00	BODYFLOW™	studio 1
6:30	BODYPUMP™	fitness

Friday

Morning

5:30	Les Mills CORE™ 30Exp	fitness
8:30	Dance Fit 45Min	fitness
9:00	RPM™	turf
9:30	BODYPUMP™	fitness
10:35	BODYATTACK™/BODYCOMBAT™ 30Exp	fitness

Saturday

Morning

8:00	BODYATTACK™ 45Exp	fitness
9:00	BODYPUMP™	fitness
9:00	Yoga	studio 1
9:00	Cycling	turf

KIDZ KORNER

FREE Childcare (ages 18 mos-10 yrs)

Mon.-Sat. 9:00 am-12:00 pm

Mon.-Thur. 5:00 pm-8:00 pm

Class tickets:

BODYPUMP™, all Cycling/ RPM™ and T,Th Zumba participants will need a ticket to present to the instructor when entering the studio.

Disposable tickets are available at the front desk no earlier than 1/2 hour before the class.

Schedule may change at any

time. Find updated schedules and any updates or cancellations at hempfieldrec.com.

Class descriptions:

Visit hempfieldrec.com

Classes are FREE and unlimited to members.



Discover. Connect. Belong.