

2016 GROUP EXERCISE SCHEDULE

#15687 SEPTEMBER 12TH-NOVEMBER 6TH

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 |
| 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. | BODYFLOW® (60 Min. Class) | Gym |
| 9:15 a.m. | HIIT (45 Min. Class) | Fitness Studio |
| 10:00 a.m. | Zumba® | Fitness 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 |
| 6:00 p.m. | CYCLECROSS (50 Min. Class) | 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 |
| 9:30 a.m. | Cycling | Cycling Studio |
| 9:30 a.m. | INSANITY™ (30 Min. class) | Fitness Studio |
| 10:05 a.m. | BODYPUMP® (50 Min. Class) | Fitness Studio |
| 10:00 a.m. | SilverSneakers® Classic (45 Min. Class) | Aerobic Studio |
| 11:15 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 |
| 5:45 p.m. | T.B.C (60 Min. Class) | Gym |
| 6:40 p.m. | CXWORX™ (30 Min. Class) | Fitness Studio |
| 7:15 p.m. | BODYFLOW® | Fitness Studio |

THURSDAY

| | | |
|------------------|--|-----------------------|
| 5:30 a.m. | BODYFLOW® | Gym |
| 5:30 a.m. | BODYATTACK™ | Fitness Studio |
| 8:30 a.m. | BODYVIVE 3.1 (45 Min. Class) | Fitness Studio |
| 9:15 a.m. | BODYFLOW® (60 Min. Class) | Gym |
| 9:15 a.m. | HIIT (45 Min. Class) | Fitness Studio |
| 10:00 a.m. | Zumba | Fitness 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 |
| 6:00 p.m. | CYCLECROSS (50 Min. Class) | 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. | Cycling | Cycling Studio |
| 5:30 a.m. | HIIT (45 Min. Class) | 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 |
| 11:15 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

| | | |
|-------------------|---------------------------------------|-----------------------|
| 9:00 a.m. | BODYFLOW® | Fitness Studio |
| 10:00 a.m. | CXWORX™ (30 Min. Class) | Fitness Studio |
| 10:30 a.m. | INSANITY™ /HIIT(45 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.

LES MILLS LAUNCH WEEK OF OCTOBER 3RD (NEW PROGRAMS AND NEW MOVES)

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

STRENGTH CLASSES

Classes designed to build strength and endurance.



This 60-minute workout challenges all your major muscle groups by using the best weight room exercises. Great music, great exercises and motivating instructors will inspire you to get the results you are looking for. Body Pump will shape and tone muscles, improve fitness and well being, increase bone density, burn up to 560 calories per class, and give you a sense of achievement!



This 30 minute class targets the torso and muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and your butt, while improving functional strength and assisting in injury prevention. If you are looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body. Not your ordinary workout that includes core training, strength training, functional fitness, awesome music, and all the benefits of group exercise led by educated and fitness professionals.

♥TOTAL BODY CONDITIONING (TBC)

With Total Body Conditioning, you will work all major muscle groups. This class will bring out the "Inner" athlete in everyone; athletic cardio, agility, strength, plyometric, and solid core progressions. Develop your weaknesses and heighten your strengths in this motivating workout.

CARDIO WORKOUTS



A sports-inspired cardio workout that's all about improving your speed, fitness, strength, agility and stamina. This high-energy interval training class combines athletic aerobic movements with functional and stabilization exercises. Powerful music motivates everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



During this ultimate warrior workout, you'll strike, punch, kick and kata your way through calories to superior cardio fitness. This fiercely energetic program is inspired by mixed martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. No equipment is needed for the class, just bring a towel, a water bottle and your inner warrior!

♥GROUP CYCLING

A group exercise class performed on stationary bikes while an instructor simulates hill climbing, sprints, and races. It is truly a fantastic cardiovascular workout. The instructor along with the people around you will keep you motivated and coming back. Please bring water and a towel!



A cardio based, total body conditioning workout based on the principles of max interval training. Long bursts of anaerobic work with short periods of recovery with just enough rest to get you ready for the next interval.

DANCE CARDIO

The latest and greatest dance moves incorporated into a heart racing cardio workout



Working out can be fun and beneficial. This one-hour calorie-burning, heart-racing, muscle-pumping, body-energizing, workout uses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout. Get the party started!

CARDIO/STRENGTH COMBO CLASSES

A wide variety of cardio and strength in the same Class



BODYVIVE™ 3.1 is the optimal mix of strength, cardio and core training. Step into a class that can be sure you're heading into one of the safest and most effective workouts around – it's been developed by a team of leading fitness professionals. The mix of lunges, squats, running and tubing exercises with great music leave you fizzing with energy and feeling great.

♥CYCLECROSS

Looking for a change to your current workout. Like cycling class but enjoy the benefits of the other types of classes then this class is the one for you. The class will follow a TABATA format of 20sec of intensity and 10sec rest format using intervals on and off the bike. This class is open to anyone looking for a challenge or change to their current workout. When not performing on the bike members will engage in body weight or small equipment that will challenge all fitness levels. Modifications are available for all the exercises.

♥HIIT

High intensity interval training, or HIIT training, is an interval workout that has been around for decades. The HIIT routine includes intervals of high intensity exercises, followed by recovery intervals of light to moderate intensity exercises. This training involves pushing yourself to do intense exercise intervals, and can provide many advantages to your strength, endurance and overall fitness ability.

♥STEP N TONE

This class is a great cardio workout to ensure a good burn of calories and a good muscle toning. After a few minutes of cardio routine follows a range of exercises for toning the upper body, arms, shoulders, legs, thighs and abdomen.



Thanks to the cardio blocks that push fat burning systems into high gear, BODYSTEP will get your heart rate up and increase cardio fitness. Burn calories, tone and shape your butt and legs. Improve coordination and agility.

MIND-BODY CLASSES

Strength, Balance & Calm



A yoga, Tai Chi and Pilates workout that builds flexibility and strength, leaving you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses create a holistic workout that brings the body into a state of harmony and balance.

♥YOGA

"Strengthen, relax, & breathe." This class will connect our breath and yoga postures, in an athletic vinyasa flow, that will leave you energized and refreshed. Come explore the many benefits Yoga can offer. All levels welcome!

LOW INTENSITY FITNESS CLASSES

Designed for the Senior population, but all ages are welcome

♥SILVER SNEAKERS CLASSIC- Have fun and move to music. This class is designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing and balls are offered for resistance; and chair is used for seating and standing support.

♥SILVER SNEAKERS-CIRCUIT- Combine fun with fitness. This class is designed to promote cardiovascular and muscular strength through non-impact choreography. Class focuses on the benefits of circuit training to increase cardiovascular and muscular strength without increasing the risk.

♥SILVER SNEAKERS-CARDIO- Get up and go. This class includes easy-to-follow low impact movement, and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.



A series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in Zumba and bring them to the active older adult, the beginner participant and other special populations that may need modifications for success. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding, active older population

KIDS CLASSES

♥KARDIO KIDS- Ages 5-10yrs old. (30 minute class) Join us for a fun and exciting fundamental movement based program.

♥KIDS YOGA- Ages 5-10yrs old. (30 minute class)

Any questions please feel free to contact Jeff Book 898-3102 ext. 36 or jbook@hempfieldrec.com