

# Group Exercise Schedule

Jan. 1–Mar. 31

## Monday

### Morning

5:30	Cycling	spin
5:30	BODYPUMP™	fitness
8:30	Cardio Dance	fitness
9:30	BODYPUMP™	fitness
9:30	Cycling	spin
10:30	Core	fitness
11:15	BODYPUMP™	fitness

### Afternoon

4:30	BODYSTEP™	fitness
5:30	BODYPUMP™ 30Exp.	fitness
5:30	Cycling	spin
6:00	Pound™	TRX
6:05	BODYATTACK™	fitness
6:45	BODYFLOW™	fitness

## Tuesday

### Morning

5:30	BODYFLOW®	fitness
5:30	BODYSTEP®	TRX
8:30	Sweat & Sculpt	fitness
9:00	Yoga	gym
9:15	HIIT	fitness
9:30	Pound™	TRX
10:00	Zumba	fitness
10:15	BODYFLOW®	dance
11:15	Zumba Gold	fitness

### Afternoon

5:30	HIIT	fitness
5:30	Step-n-Tone	TRX
6:30	BODYPUMP®	fitness
6:30	RPM	spin
7:30	Zumba	fitness

### BODYPUMP™ & all Cycling classes

Participants must pick up a ticket at the front desk (available 30-minutes prior to class start) to ensure a spot.

### Classes are subject to change.

Please sign up to receive our e-mail notifications for the latest updates delivered right to your inbox! Or visit [hempfieldrec.com](http://hempfieldrec.com) 717-898-3102

## Wednesday

### Morning

5:30	Cycling	spin
5:30	TBC	fitness
8:30	BODYCOMBAT™	fitness
9:30	Cycling	spin
9:30	BODYPUMP™	fitness
10:30	STRONG by Zumba®	fitness
11:05	Yoga	fitness

### Afternoon

5:00	BODYPUMP™ 30Exp.	fitness
5:30	BODYCOMBAT™	fitness
5:30	Cycling	spin
5:30	Barre	dance
6:30	Pound™	TRX
6:30	BODYFLOW®	fitness

## Thursday

### Morning

5:30	Spin with Joe Ruiz	spin
5:30	BODYATTACK™	fitness
8:30	Sweat & Sculpt	fitness
9:15	Yoga	gym
9:15	HIIT	fitness
9:30	Pound™	TRX
10:00	Zumba	fitness
10:05	RPM	spin
10:15	BODYFLOW®	dance
11:15	Zumba Gold®	fitness

### Afternoon

5:30	HIIT	fitness
5:30	Step-n-Tone	TRX
5:30	Cycle Cross	spin
6:30	BODYPUMP®	fitness
6:30	Yoga	dance
7:30	Zumba	fitness

**Class descriptions:**  
visit [hempfieldrec.com](http://hempfieldrec.com)

### Pricing eight-week session

- Classes are FREE and unlimited to members
- Tennis members may pay \$50 per session
- Eight-week session: \$90R/\$100NR
- 10-visit punch card \$90
- Pay-as-you-go (daily) \$10

## Friday

### Morning

5:30	RPM	spin
5:30	BODYFLOW™	fitness
8:30	Zumba	fitness
9:30	BODYPUMP™	fitness
9:30	RPM	spin
10:30	Core	fitness
11:00	Chair Yoga	TRX
11:15	BODYPUMP™	fitness

## Saturday

### Morning

8:00	BODYATTACK™ 45Exp.	fitness
9:00	BODYPUMP™	fitness
9:00	Yoga	dance
9:00	Cycling	spin
10:15	Zumba	fitness

## Sunday

### Morning

8:00	Yoga	dance
8:00	BODYPUMP™	fitness
9:00	BODYFLOW™	fitness

## KIDZ KORNER

FREE Childcare (ages 1yr-10yr)

Mon. & Wed.	8:15 am-8:00 pm
Tues. & Thur.	8:15 am-8:30 pm
Friday	8:15 am-3:00 pm
Saturday	8:00 am-12:00 pm

## INFANT CARE

FREE Childcare (ages 3mo-12mo)

Mon.-Fri. 8:15 am-12:00 pm  
90-minute max., limited space  
Reservation required.  
Call 717-898-3102 ext126



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