

Group Exercise Schedule

Sept. 4—Dec. 30

Monday

Morning

5:30	Cycling	spin
5:30	BODYPUMP™	fitness
8:30	Zumba	fitness
9:30	BODYPUMP™	fitness
9:30	Cycling	spin
10:30	Core	fitness

Afternoon

4:30	BODYSTEP™	fitness
5:30	BODYPUMP™ Exp.	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® (begin 9/25)	dance
11:15	Zumba Gold	fitness

Afternoon

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

Wednesday

Morning

5:30	Cycling	spin
5:30	TBC	fitness
8:30	BODYCOMBAT™	fitness
9:30	Cycling	spin
9:30	BODYPUMP™	fitness
10:30	TONE™	fitness
11:05	Yoga	fitness

Afternoon

4:30	TONE™ Exp.	fitness
5:00	BODYPUMP™ Exp.	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
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

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

Saturday

Morning

7:15	TBC	fitness
8:15	BODYATTACK™ Exp.	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-12yr)

Mon.-Thur.	8:15 am-8:00 pm
Friday	8:15 am-3:00 pm
Saturday	8:00 am-12:00 pm

INFANT CARE

FREE Childcare (ages 6mo-12mo)

Tuesday	1:00 pm-3:00 pm
Thursday	1:00 pm-3:00 pm
<i>One-hour slots, reservation required</i>	

Classes are subject to change.

Please sign up to receive our e-mail notifications for the latest updates delivered right to your inbox!

Class descriptions:

visit hempfieldrec.com

Cycling and BODYPUMP™

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

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



Discover. Connect. Belong.