



Discover. Connect. Belong.

Apr 23—Jun 10 GROUP EXERCISE SCHEDULE

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
6:05	BODYATTACK™	fitness
6:40	CXWORX™	fitness
7:15	BODYFLOW™	fitness

Tuesday

Morning

5:30	BODYFLOW®	fitness
5:30	BODYSTEP®	TRX
8:30	TONE™	fitness
9:15	Yoga	gym
9:15	HIIT	fitness
10:00	Zumba	fitness
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

5:00	BODYPUMP™ Exp.	fitness
5:30	BODYCOMBAT™	fitness
5:30	Cycling	spin
5:30	Barre	dance
6:45	BODYFLOW™	fitness

Thursday

Morning

5:30	BODYATTACK™	fitness
8:30	TONE™	fitness
9:15	Yoga	gym
9:15	HIIT	fitness
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	HIIT Cycle	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	Gentle Yoga	dance

Saturday

Morning

7:30	TBC	fitness
8:35	Zumba	fitness
9:00	Cycling	spin
9:00	Yoga	dance
9:40	BODYPUMP™	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

One-hour slots, reservation required

Try something NEW!

Barre - Join instructor JaneEllen Varner for a barre class that improves posture, flexibility, and muscle toning along with conditioning barre and floor exercises used in ballet studios. By engaging muscles and adding one's own body resistance and tension, participants can lengthen and strengthen muscles. 45 minutes.

ATTIRE: Fitted clothing to ensure correct form-barefoot, ballet or modern slipper.

Classes are subject to change.
Please sign up to receive our e-mail notifications for the latest updates delivered right to your in-box!

For detailed class descriptions, visit hemphfieldrec.com

Cycling and BODYPUMP™ participants should 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