



Monday–Friday 5 a.m.–10 p.m.
 Saturday & Sunday 7 a.m.–7 p.m.
 (Pool closes 1/2 hour before rest of facility.)
 (717) 898-3102 phone - (717) 898-2702 fax

2015 GROUP EXERCISE SCHEDULE
#14536 August 17-September 13

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
5:30 p.m.	Cycling	Cycling Studio
5:30 p.m.	Xtreme 30 (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.	CYCLECROSS (50 min. Class)	Cycling Studio
7:15 p.m.	BODYFLOW®	Fitness Studio

TUESDAY

5:30 a.m.	BODYFLOW®	Fitness Studio
8:30 a.m.	BODYVIVE 3.1™ (45 Min. Class)	Fitness Studio
9:15 a.m.	BODYFLOW® (60 Min. Class)	Aerobic Studio
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
12:00 p.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.	Zumba® (30 Min. Class)	Fitness Studio
9:00 a.m.	BODYCOMBAT™ (30 Min. Class)	Fitness Studio
9:00 a.m.	SilverSneakers®: Circuit (45 Min. Class)	Aerobic 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
11:00 a.m.	YOGA (45 Min. Class)	Fitness Studio
5:30 p.m.	Xtreme30 (30 Min. Class)	Fitness Studio
5:45 p.m.	T.B.C (60 Min. Class)	Gym
6:05 p.m.	BODYCOMBAT™ (30 Min. Class)	Fitness Studio
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)	Aerobic Studio
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
12:00 p.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.	Cycling	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.	CYCLECROSS (50 Min. Class)	Cycling Studio
10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio
10:30 a.m.	CXWORX™ (30 Min. Class)	Fitness Studio

SATURDAY

7:30 a.m.	T.B.C. (60 Min. Class)	Fitness Studio
8:35 a.m.	Xtreme30 (30 Min. Class)	Fitness Studio
9:00 a.m.	Cycling	Cycling Studio
9:00 a.m.	YOGA	Aerobic Studio
9:10 a.m.	Zumba® (45 Min. Class)	Fitness Studio
10:00 a.m.	BODYPUMP®	Fitness Studio

SUNDAY

9:15 a.m.	CYCLECROSS(50 Min. Class)	Cycling Studio
9:15 a.m.	BODYFLOW® (45 Min. Class)	Fitness Studio
10:00 a.m.	CXWORX™ (30 Min. Class)	Fitness Studio
10:30 a.m.	INSANITY™ (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.*

The following changes have taken place for the summer schedule:

Wednesdays 5:30pm Cycling (Canceled), Kardio Kids and Kids Yoga (Canceled), Saturdays 9:30am YOGA moved to 9:00am.

***** All Classes Subject to Change Based on Attendance.**

Kidz Korner Hours: (Free Child Care)

Monday-Thursday 8:30 a.m.-8 p.m.

Friday 8:30 a.m.-3p.m.

Saturday 8a.m.-Noon