

2014 GROUP EXERCISE SCHEDULE

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!

June 23-August 17

MONDAY			THURSDAY		
5:30 a.m.	Cycling	Cycling Studio	5:30 a.m.	BODYFLOW	Gym
5:30 a.m.	BODYPUMP	Fitness Studio	5:30 a.m.	BODYATTACK	Fitness Studio
8:30 a.m.	Zumba	Fitness Studio	8:30 a.m.	BODYVIVE (45 Minute Class)	Fitness Studio
9:00 a.m.	SilverSneakers:Circuit	Aerobic Studio	9:00 a.m.	BODYFLOW	Aerobic Studio
9:30 a.m.	BODYPUMP	Fitness Studio	9:15 a.m.	HIIT	Fitness Studio
9:30 a.m.	Cycling	Cycling Studio	10:00 a.m.	Zumba	Fitness Studio
10:00 a.m.	SilverSneakers:Classic	Aerobic Studio	10:00 a.m.	SilverSneakers: CARDIO	Aerobic Studio
10:30 a.m.	CXWORX (30 Minute Class)	Fitness Studio	12:00 p.m.	Zumba Gold	Fitness Studio
4:45 p.m.	Zumba (40 Minute Class)	Fitness Studio	5:30 p.m.	HIIT	Fitness Studio
5:30 p.m.	Cycling	Cycling Studio	5:30 p.m.	Step N Tone	Aerobic Studio
5:30 p.m.	BODYPUMP (30 Minute Class)	Fitness Studio	6:00 p.m.	Cycling	Cycling Studio
6:05p.m.	BODYATTACK (30 Minute Class)	Fitness Studio	6:30 p.m.	BODYPUMP	Fitness Studio
6:40 p.m.	CXWORX (30 Minute Class)	Fitness Studio	7:30 p.m.	Zumba	Fitness Studio
7:15 p.m.	BODYFLOW (45 Minute Class)	Fitness Studio	FRIDAY		
TUESDAY			5:15 a.m.	BODYCOMBAT (45 Minute Class)	Fitness Studio
5:30 a.m.	BODYFLOW	Fitness Studio	5:30 a.m.	Cycling	Cycling Studio
8:30 a.m.	BODYVIVE (45 Minute Class)	Fitness Studio	6:00 a.m.	CXWORX (30 Minute Class)	Fitness Studio
9:00 a.m.	BODYFLOW	Aerobic Studio	8:30 a.m.	BODYCOMBAT	Fitness Studio
9:15 a.m.	HIIT	Fitness Studio	9:00 a.m.	SilverSneakers: Circuit	Aerobic Studio
10:00 a.m.	Zumba	Fitness Studio	9:30 a.m.	BODYPUMP	Fitness Studio
10:00 a.m.	SilverSneakers: CARDIO	Aerobic Studio	9:30 a.m.	Cycling	Cycling Studio
12:00 p.m.	Zumba Gold	Fitness Studio	10:00 a.m.	SilverSneakers: Classic	Aerobic Studio
5:30 p.m.	HIIT	Fitness Studio	10:30 a.m.	CXWORX	Fitness Studio
5:30 p.m.	Step N Tone	Aerobic Studio	4:45 p.m.	Zumba	Fitness Studio
6:30 p.m.	Cycling	Cycling Studio	SATURDAY		
6:30 p.m.	BODYPUMP	Fitness Studio	8:00 a.m.	T.B.C.	Fitness Studio
7:30 p.m.	Zumba	Fitness Studio	8:00 a.m.	BODYATTACK	Gym
WEDNESDAY			9:00 a.m.	Cycling	Cycling Studio
5:30 a.m.	Cycling	Cycling Studio	9:00 a.m.	Zumba	Fitness Studio
5:30 a.m.	TBC	Fitness Studio	10:15 a.m.	BODYPUMP	Fitness Studio
8:30 a.m.	Zumba	Fitness Studio	SUNDAY		
9:00 a.m.	SilverSneakers: Circuit	Aerobic Studio	9:15 a.m.	Cycling (45 Minute Class)	Cycling Studio
9:30 a.m.	BODYPUMP	Fitness Studio	9:15 a.m.	BODYFLOW (45 Minute Class)	Fitness Studio
9:30 a.m.	Cycling	Cycling Studio	10:00 a.m.	CXWORX (30 Minute Class)	Fitness Studio
10:00 a.m.	SilverSneakers Classic	Aerobic Studio	10:30a.m.	BODYCOMBAT	Fitness Studio
4:45 p.m.	Zumba (45 Minute Class)	Fitness Studio	<i>*All Cycling & PUMP classes need to pick up ticket 30 minutes prior to each class!</i>		
5:30 p.m.	BODYCOMBAT	Fitness Studio	<i>No calling the fitness center to reserve bikes.</i>		
5:45 p.m.	Joe's Like Pro's (45 Minute Class)	Gym	<i>*Les Mills Release July 14th- New Music, New Moves Means New You!!!</i>		
6:30 p.m.	CXWORX (30 Minute Class)	Fitness Studio	Kidz Korner Hours: (Free Child Care)		
7:00 p.m.	BODYFLOW	Fitness Studio	Monday-Thursday 8:30a.m.-8p.m.		
			Friday 8:30a.m.-3p.m.		
			Saturday 8a.m.-Noon		

BODY POWER 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!



A 55-minute 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 strength and stabilization exercises. Powerful music motivates everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!



During this 55-minute 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!

♥TOTAL BODY CONDITIONING (TBC)

With Total Body Conditioning, you will work all major muscle groups and improve your cardiovascular fitness level. Tighten and tone abs, upper & lower back, glutes, legs, and arms, using light weights, resistance bands, med balls and body resistance.

♥JOE'S LIKE PRO'S

Bringing out the athlete in everyone; athletic cardio, agility and solid core progressions. Develop your weaknesses and heighten your strengths in this motivating workout.

♥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!

♥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. Due to the fact that this training involves pushing yourself to do intense exercise intervals, the HIIT workout can provide many advantages that the usual exercise routines cannot offer including, aerobic, anaerobic, muscular endurance, and fat burning like never before.

MOVE TO THE MUSIC

Choreographed classes with dance movements and strength training.



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!

STEP TO THE MUSIC

Step routines with strength training.

♥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.

CORE & MORE

Classes designed to increase flexibility and strength. Work the Core and stabilize.



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.

LOWER IMPACT FITNESS CLASSES



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.



All around high intensity but low impact workout that lets you choose just how hard you work using balls, tubes and your body weight to boost your fitness level. Each class stresses the importance of cardio, balance, core and resistance training. Benefits include: muscular strength, muscular endurance, flexibility, agility, balance and overall improved wellness.



Is 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.

LOW INTENSITY FITNESS CLASSES

Designed for the senior population.

♥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.

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