

## 2015 GROUP EXERCISE SCHEDULE

#14279 Jan. 5–March 1st

Please visit [www.hempfieldrec.com](http://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.	BODYFLOW®	Fitness Studio

### TUESDAY

5:30 a.m.	BODYFLOW®	Fitness Studio
<b>8:30 a.m.</b>	<b>BODYVIVE 3.1™ (45 Min. Class)</b>	<b>Fitness Studio</b>
9:15 a.m.	BODYFLOW® (60 Min. Class)	Gym
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
<b>6:00 p.m.</b>	<b>CYCLECROSS (50 Min. Class)</b>	<b>Cycling Studio</b>
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
10:00 a.m.	BODYPUMP® (45 Min. Class)	Fitness Studio
10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio
10:45 a.m.	YOGA (45 Min. Class)	Fitness Studio
<b>5:15 p.m.</b>	<b>Kardio Kids (Ages 6-10; 30 Min. Class)***</b>	<b>Gym</b>
<b>5:30 p.m.</b>	<b>Cycling</b>	<b>Cycling Studio</b>
5:30 p.m.	Xtreme30 Strength (30 Min. Class)	Fitness Studio
<b>5:45 p.m.</b>	<b>T.B.C (60 Min. Class)</b>	<b>Gym</b>
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
<b>8:30 a.m.</b>	<b>BODYVIVE 3.1 (45 Min. Class)</b>	<b>Fitness Studio</b>
9:15 a.m.	BODYFLOW® (60 Min. Class)	Gym
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.	INSANITY™ (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.	Cycling	Cycling Studio
10:00 a.m.	SilverSneakers® Classic (45 Min. Class)	Aerobic Studio
10:30 a.m.	CXWORX™ (30 Min. Class)	Fitness Studio
<b>5:30 p.m.</b>	<b>INSANITY™ (45 Min. Class)</b>	<b>Fitness Studio</b>

### SATURDAY

<b>7:30 a.m.</b>	<b>T.B.C. (60 Min. Class)</b>	<b>Fitness Studio</b>
<b>8:35 a.m.</b>	<b>Xtreme30 (30 Min. Class)</b>	<b>Fitness Studio</b>
9:00 a.m.	Cycling	Cycling Studio
<b>9:00 a.m.</b>	<b>Kids Yoga (Ages 4–8; 30 Min. Class)***</b>	<b>Dance Studio</b>
<b>9:10 a.m.</b>	<b>Zumba® (45 Min. Class)</b>	<b>Fitness Studio</b>
9:30 a.m.	YOGA	Aerobics Studio
<b>10:00 a.m.</b>	<b>BODYPUMP®</b>	<b>Fitness Studio</b>
<b>SUNDAY</b>		
<b>9:15 a.m.</b>	<b>CYCLECROSS(50 Min. Class)</b>	<b>Cycling Studio</b>
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
1:00 p.m.	<b>FAMILY FLOW (Parent and Child class)***</b> (45 min.) (4th Sunday of the Month)	Fitness Studio 1/25,2/22,3/22

\*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.

## UPCOMING EVENTS/IMPORTANT INFORMATION

\*\*\* Kardio Kids & Kids Yoga "FREE" to all children on a Family Membership and Youth Membership. Fee for children not on Family Membership or Youth Member is \$3OR/\$4ONR. (See Below)  
 Family FLOW "FREE" to all adult members and their children.

#14376 KARDIO KIDS AND KIDS YOGA : Jan. 5–March 1; \$3OR/\$4ONR if not part of membership; see classes for age ranges.

### 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

## STRENGTH 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!



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.

### ♥TOTAL BODY CONDITIONING (TBC)

With Total Body Conditioning, you will work all major muscle groups. This class will bring out the "Inner" athlete in everyone; athletic cardio, agility, strength, plyometric, and solid core progressions. Develop your weaknesses and heighten your strengths in this motivating workout.



Take YOUR workout to the next level with interval training at its Best! Take the challenge to increase your strength, power, and cardio, with a variety of functional moves for your entire body. Modifications are given for all fitness levels. "The only Competition is Yourself."

## CARDIO WORKOUTS



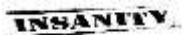
A sports-inspired cardio workout that's all about improving your speed, fitness, strength, agility and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Powerful music motivates everyone towards their fitness goals—from the weekend athlete to the hard-core competitor!



During this 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!

### ♥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!



A cardio based, total body conditioning workout based on the principles of max interval training. Long bursts of anaerobic work with short periods of recovery with just enough rest to get you ready for the next interval.

## DANCE CARDIO

The latest and greatest dance moves incorporated into a heart racing cardio workout



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!

## CARDIO/STRENGTH COMBO CLASSES

A wide variety of cardio and strength in the same Class



**\*\*NEW AND IMPROVED!**

BODYVIVE™ 3.1 is the optimal mix of strength, cardio and core training. Step into a class that can be sure you're heading into one of safest and most effective workouts around – it's been developed by a team of leading fitness professionals. The mix of lunges, squats, running and tubing exercises with great music leave you fizzing with energy and feeling great.

### ♥CYCLECROSS \*\*NEW!

Looking for a change to your current workout? Like cycling class but enjoy the benefits of the other types of classes? Then this class is the one for you. The class will follow a TABATA format of 20sec. of intensity and 10 sec. rest format using intervals on and off the bike. This class is open to anyone looking for a challenge or change to their current workout. When not performing on the bike members will engage in body weight or small equipment that will challenge all fitness levels. Modifications are available for all the exercises.

### ♥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. This training involves pushing yourself to do intense exercise intervals, and can provide many advantages to your strength, endurance and overall fitness ability.

### ♥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.

## MIND-BODY CLASSES

Strength, Balance & Calm



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.

### ♥YOGA

"Strengthen, relax, & breathe." This class will connect our breath and yoga postures, in an athletic vinyasa flow, that will leave you energized and refreshed. Come explore the many benefits Yoga can offer. All levels welcome!

## LOW INTENSITY FITNESS CLASSES

Designed for the Senior population, but all ages are welcome

♥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.



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

## CHILDREN AND FAMILY CLASSES—NEW!

FREE to Family Membership and Youth Memberships. If you have children not on a Family Membership or Youth Membership you may join the 8 week session for \$30.00. See Front Desk for details.

♥KARDIO KIDS- How do we keep kids healthy? Make fitness fun. This energetic exercise class is designed for ages 6–10. The class will develop fitness through movement, cardio, strength, and games. Inspire the love of movement that will last a lifetime.

♥KIDS YOGA- Spark the child's inner yogini. Explore yoga poses, breathing, relaxation through creative movement, games, and playfulness. Ages 4–8.

♥FAMILY FLOW- Children along with adults class. Join us the 4<sup>th</sup> Sunday of the month at 1 p.m. for FAMILYFLOW. FREE to all Members. Dates: 1/25, 2/22, and 3/22. (45 Min. Class)

Any questions—please contact Jeff Book, 898-3102, ext. 36, or [jbook@hempfieldrec.com](mailto:jbook@hempfieldrec.com)