

Programs are offered for residents and non-residents, Hempfield Rec Center members and non-members.

HARC WELLNESS SERIES (FREE)

Join us for our one-hour lecture series that will impact your current workout and help you reach your goals. Tuesdays, 6:30–7:30 p.m.



FLEXIBILITY AND MOBILITY

Flexibility and mobility: Learn the importance of muscle elasticity and its affect on everyday life, strength training, cardio training, and injury prevention. A healthy, agile, and nimble body is less prone to injury; keeping you active and healthier for years to come.

#14878 October 13

INTERVAL TRAINING

Interval Training: Crunch time. Learn what interval training is and how it differs from cardio training. The holidays are busy so learn how to maximize your time at the gym with super effective fat burning techniques so you can get in and get out fast to keep up with your busy schedule.

#14881 November 24

BASIC STRENGTH TRAINING

Basic Strength Training: Conquer your intimidation of weight training and feel the benefits of self-empowerment by strengthening your muscles. "How many reps?" "How do I get lean?" "How do I get bigger muscles?" "Why should women lift?" "Will I get bulky?" All of these questions and more will be answered in this introduction to strength training.

#14879 October 27

BASIC EXERCISE AND NUTRITION

Basic Exercise And Nutrition: Learn how to properly manage and sustain a life-long fitness journey. You will not learn how to diet, you will learn how to cultivate a healthy style of nutrition that is sustainable for the rest of your life. This avoids "going off" a diet and food binges by allowing you to enjoy treats while fueling your body with healthy options to keep you full, happy, and free from guilt.

#14880 November 10

FREE! Pre-Registration is requested for planning purposes.

All events held in Conference Room A



WARRIOR WORKOUT

Unleash your Inner Warrior in this one-hour fun but challenging workout geared towards all levels of fitness. This boot camp style circuit training class uses kettlebells, sandbags, tire flips, ropes, sledge hammers, cones and many other types of exercises geared to challenge all levels of fitness.

Instructor: Shawn Murphy

Wednesdays, 7 p.m.

#14876 Sept. 16–Oct. 21

#14877 Oct. 28–Dec. 2

Fee: \$52R/\$62NR per session