


Group Exercise Schedule



SPRING 2024 April 1st – May 26th



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00am Cycle Tanya - T	5:30-6:30am BODYBALANCE Jen- F	5:30-6:00am SPRINT Tanya - T	5:30-6:15am BODYATTACK Jen - F	5:30-6:00am BODYPUMP Jen - F	Group Fitness Text Alerts Stay up to date with all things group fitness. Scan the QR code or go to the Group Fitness tab at Hempfieldrec.com 	
5:30-6:30am BODYPUMP Jen - F		5:30-6:30am TBC Anne-Marie - F		6:05-6:35am Les Mills Core Virtual - F		
7:00-7:45am Les Mills Core Virtual - F	7:00-8:00am BODYPUMP Virtual - F	7:15-8:00am BODYCOMBAT Amanda - F	7:00-8:00am BODYPUMP Virtual - F	7:00-7:45am BODYATTACK Virtual - F		
8:00-8:30 BODYATTACK Virtual - F	8:00-8:30am SPRINT Emily - T	8:00-8:45am Zumba Gold Alisa – S1	8:00-8:30am SPRINT Emily - T	8:00-8:45am HIIT Circuit Emily - F	8:00-8:45am BODYATTACK Melanie/Dana - F	
8:30-9:30am Dance Energy Lydia - F	8:35-9:05am Les Mills Core Susan - F	8:30-9:30am Full Body Fusion Ally - F	8:30-9:15am Sweat & Sculpt Ally - F	8:30-9:30am RPM Elizabeth - T	8:00-9:00am Yoga Rotation – S1	9:00-10:00am BODYCOMBAT Amanda - F
9:00-10:00am Cycle Marco - T	9:10-10:10am HIIT Carol - F	9:00-10:00am Cycle Will - T	9:20-10:10am HIIT Strength Erin - F	9:00-9:30am BODYCOMBAT Virtual - F	9:00-10:00am Yoga Rotation – S1	9:00-10:00am BODYBALANCE Charla – S1
9:40-10:40am BODYPUMP Melanie - F	9:30-10:30am Yoga Lori - Gym	9:40-10:40am BODYPUMP Susan - F	9:30-10:30am Yoga Lori - Gym	9:40-10:40am BODYPUMP Emily/Susan - F	9:00-10:00am BODYPUMP Steph – F	10:15-11:15am BODYPUMP Charla - F
10:00-10:45am Chair Yoga Kasey – S1	10:15-11:15am Zumba Casandra - F	10:45-11:45am BODYBALANCE Donna - F	10:15-11:15am Dance Energy Lydia - F	10:45-11:45am BODYBALANCE Donna - F	9:00-10:00am Cycle Erin / Jen A. - T	
10:45-11:15am BODYATTACK Melanie - F	11:20-12:05pm Zumba Gold Doug - F		11:20-12:05pm Zumba Gold Alisa - F		10:30-11:30am Zumba / Dance Jen / Lisa - F	
1:00-1:30pm BODYCOMBAT Virtual - F	1:00-1:30pm BODYPUMP Virtual - F	1:00-1:30pm BODYATTACK Virtual - F	1:00-1:30pm BODYPUMP Virtual - F	1:00-1:30pm Les Mills Core Virtual - F	1:00-1:30pm BODYCOMBAT Virtual - F	1:00-1:30pm Les Mills Dance Virtual - F
1:35-2:05pm Les Mills Core Virtual - F	1:35-2:05pm BODYBALANCE Virtual - F	1:35-2:05pm BODYPUMP Virtual - F	1:35-2:05pm BODYCOMBAT Virtual - F	1:35-2:05pm BODYATTACK Virtual - F	1:35-2:05pm BODYPUMP Virtual - F	1:35-2:05pm Les Mills Core Virtual - F
2:15-3:00pm BODYPUMP Virtual - F	2:15-3:00pm BODYCOMBAT Virtual - F	2:15-3:00pm BODYPUMP Virtual - F	2:15-3:00pm BODYBALANCE Virtual - F	2:15-3:00pm BODYPUMP Virtual - F	2:15-3:00pm Les Mills Core Virtual - F	2:15-3:00pm BODYATTACK Virtual - F
4:30-5:15pm BODYATTACK Virtual - F	4:30-5:25pm Step & Tone Tanya - F	4:30-5:15pm BODYPUMP Virtual - F	4:30-5:15pm Les Mills Core Virtual - F	4:30-5:15pm BODYPUMP Virtual - F	4:30-5:15pm Les Mills Dance Virtual - F	4:30-5:15pm BODYBALANCE Virtual - F
5:30-6:20pm Strength Training Theresa - F	5:30-6:20pm HIIT Jill - F	5:30-6:30pm Zumba Laura - F	5:30-6:15pm BODYCOMBAT Amanda - F	First Friday Zumba 6:00-7:00pm April 5 th , May 3 rd , June 7 th Theresa - F Virtual Classes These classes are presented on the big screen in the fitness studio. F = Fitness Studio T = Turf S1 = Studio 1 <div style="border: 1px solid black; padding: 2px; display: inline-block;">New/Changed</div>		
5:30-6:30pm Adult Ballet Devon – S1	6:30-7:30pm BODYPUMP Steph - F	6:30-7:30pm Yoga Steph / Alissa– S1	5:30-6:30pm Cycle Dave - T			
6:30-7:15pm POUND Theresa - F	6:30-7:30pm RPM Elizabeth - T	6:30-7:15pm POUND Michelle - F	6:15-7:15pm Yoga Lori – S1			
6:30-7:30pm Yoga Alissa – S1			6:30-7:30pm BODYPUMP Steph - F			
8:00-9:00pm BODYPUMP Virtual - F	8:00-9:00pm BODYCOMBAT Virtual - F	8:00-9:00pm BODYPUMP Virtual - F	8:00-8:45pm Les Mills Core Virtual - F			
				8:00-9:00pm BODYATTACK Virtual - F		

Schedule subject to change. Visit hempfieldrec.com for class descriptions.