



Group Exercise Schedule



FALL 2024 *Sept 3rd – Jan 5th*



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00am Cycle Tanya - T	5:30-6:30am BODYBALANCE Amber - F	5:30-6:00am SPRINT Tanya - T	5:30-6:15am BODYATTACK Dana - F	5:30-6:15am BODYPUMP Jen - F	Group Fitness Text Alerts Stay up to date with all things group fitness. Scan the QR code below or go to Hempfieldrec.com	
5:30-6:30am BODYPUMP Aida - F	7:00-8:00am BODYPUMP Virtual - F	5:30-6:30am TBC Anne-Marie - F				
7:00-7:45am Les Mills Core Virtual - F	8:00-8:30am SPRINT Emily - T	7:15-8:00am BODYCOMBAT Amanda - F	7:00-8:00am BODYPUMP Virtual - F	7:00-7:45am BODYATTACK Virtual - F	8:00-8:45am BODYATTACK Melanie/Dana - F	
8:00-8:30 BODYATTACK Virtual - F	8:20-9:05am Les Mills Core Susan - F		8:00-8:30am SPRINT Emily - T	8:00-9:00am HIIT Circuit Emily - F	8:00-9:00am Yoga Rotation – S1	
8:30-9:30am Zumba Amy - F	9:10-10:10am HIIT Carol - 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	8:15-8:45am SPRINT Tanya - T	9:00-10:00am BODYCOMBAT Amanda - F
9:00-10:00am Cycle Marco - T	9:15-10:00am Cycle Juli – T	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	9:30-10:15am Zumba Gold Alisa – S1	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 Zumba Jaxson - F	9:40-10:40am BODYPUMP Emily/Susan - 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	10:45-11:45am BODYBALANCE Donna - 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 Sep 6 th , Oct 4 th , Nov 1 st , Dec 6 th , Jan 3 rd Theresa - F		Virtual Classes These classes are presented on the big screen in the fitness studio.
5:30-6:30pm Adult Ballet Devon – S1	6:30-7:30pm BODYPUMP Steph - F	6:30-7:30pm Yoga Steph / Lori– 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 Les Mills Core Amber - F	6:15-7:15pm Yoga Lori – S1	F = Fitness Studio T = Turf S1 = Studio 1		
6:30-7:30pm Yoga Wipha – S1			6:30-7:30pm BODYPUMP Steph / Amber - 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	 DISCOVER. CONNECT. BELONG.	

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



Virtual Group Fitness FAQ

We are excited to bring you virtual class options beginning in 2024 in the Fitness Studio! These classes will provide you with even more options to participate in your favorite workouts. The Les Mills platform will be used. Les Mills offers a variety of class types from dance to HIIT to weight training to cardio. Stop in and try something new! We understand that with anything new, questions can arise. Below is a list of frequently asked questions so that you can know what to expect with virtual group fitness coming to the hempfield recCenter.

Are virtual group fitness classes replacing instructor led classes?

No! We love our instructors as much as you do. We will only replace a live class with a virtual class as a last resort in order to keep that class on our schedule.

What will virtual classes be used for?

Virtual classes will be added to the group fitness schedule during nonpeak times to give you more opportunities to participate in your favorite classes. Virtual classes will also be a backup in case an instructor is not available and we cannot find a substitute. Look for additions to our schedule beginning in January 2024!

How will I know if a live class has been changed to a virtual class?

A text alert will be sent out to let you know that a change has been made to the schedule. Not signed up for group fitness text alerts? Scan the QR code in the studios or visit the group fitness page at hemphfieldrec.com to sign up and stay up to date with all things group fitness.

What do I need to do when I show up for a virtual class?

When you want to participate in a virtual class, come up to the studio and set up your equipment as you normally would for a live class. The virtual class will begin automatically at the scheduled time. See below for suggestions on equipment needed for different classes.

Can I participate in a virtual class at home?

Virtual classes will be offered in studio only.

Who do I contact if I have a question that is not addressed here?

Contact Emily Taylor, Director of Fitness and Wellness, at etaylor@hemphfieldrec.com or 717-898-3102

Recommended equipment for classes:

BODYPUMP – Bench with 2 rises on each side, mat, barbell with collars, a variety of weight plates. New to BODYPUMP? We suggest starting with a set of 10lb, 5lb and 2.5lb weight plates to get a feel for the workout.

Les Mills Core – Mat, resistance band, 2 weight plates, mini band (optional)

BODYBALANCE – Mat

BODYATTACK, BODYCOMBAT and Les Mills Dance – No equipment needed