

# Group Exercise Schedule



## WINTER 2025 Jan 6<sup>th</sup> – Mar 31<sup>st</sup>



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