

Group Exercise Schedule

❄️ **WINTER 2026** January 1st – March 31st ❄️

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 Les Mills Core Virtual - F	5:30-6:15am BODYPUMP Melanie - F	8:00-8:45am BODYATTACK Melanie - F	9:00-10:00am BODYCOMBAT Amanda - F
5:30-6:15am BODYPUMP Virtual - F	7:00-8:00am BODYPUMP Virtual - F	5:30-6:30am TBC Anne-Marie - F			8:00-9:00am Yoga Rotation – S1	9:00-10:00am BODYBALANCE Rotation – S1
7:00-7:45am Les Mills Core Virtual - F		7:15-8:00am BODYCOMBAT Virtual - F	7:00-8:00am BODYPUMP Virtual - F	7:00-7:45am BODYATTACK Virtual - F	8:00-8:30am SPRINT Tanya - T	10:15-11:15am BODYPUMP Rotation - F
8:00-8:30am BODYATTACK Virtual - F	8:35-9:05am BODYCOMBAT Virtual - F			8:00-9:00am HIIT Circuit Jaxson - F	9:00-10:00am Yoga Rotation – S1	Stay up to date with all things group fitness. Scan the QR code below to sign up for text alerts!
8:30-9:30am Zumba Amy - F	9:10-10:10am HIIT Carol - F	8:30-9:30am Barre Mia - F	8:30-9:15am Core & Glute Blast Jen A. - F	8:30-9:30am RPM Elizabeth - T	9:00-10:00am BODYPUMP Steph – F	
9:00-10:00am Cycle Rotation - T	9:15-10:00am Cycle Juli – T	9:00-10:00am Cycle Rotation - T	9:30-10:20am Total Body Tone Juli - F	9:10-10:10am BODYPUMP Susan - F	9:00-10:00am Cycle Erin / Jen A. - T	
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	10:15 -10:45am BODYCOMBAT Susan - F	10:30-11:30am Zumba / Dance Lisa - F	
10:50-11:35am Les Mills Core Susan - F	10:15-11:15am Zumba Casandra - F	10:50-11:50am BODYBALANCE Donna - F	10:30-11:30am Zumba Jaxson - F	10:50-11:50am BODYBALANCE Donna - 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 Lisa - 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 Lisa B. - F	5:30-6:15pm BODYCOMBAT Amanda - F	First Friday Zumba 6:00-7:00pm Jan 2 nd , Feb 6 th , March 6 th Theresa - F		
5:30-6:30pm Adult Ballet Devon – S1	6:30-7:30pm BODYPUMP Steph - F	6:30-7:30pm Yoga Steph / Lisa – S1	5:30-6:30pm Cycle Dave - T			
6:30-7:15pm POUND Theresa - F	6:30-7:30pm RPM Elizabeth - T	6:45-7:30pm POUND Lisa T. - F	6:15-7:15pm Yoga Lori – S1	F = Fitness Studio T = Turf S1 = Studio 1		
Schedule subject to change. Visit hempsfieldrec.com for class descriptions.			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.	

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Virtual Group Fitness FAQ

We are excited to bring you virtual class options 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?

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 Long, Director of Fitness and Wellness, at elong@hempfieldrec.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