

Group Exercise Schedule

 **Fall 2026 August 17th – Nov 8th** 

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:00am Cycle Tanya/Kate - T	5:30-6:30am BODYBALANCE Amber - F	5:30-6:00am SPRINT Tanya - T	5:30-6:30am BODYBALANCE Katy - 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 Katy - F	7:15-8:00am BODYCOMBAT Susan - F	5:30-6:30am TBC Anne-Marie - F	7:30-8:15am Strength Training Erin - F	6:30-7:00am BODYCOMBAT Virtual - F	8:00-9:00am Yoga Rotation – S1	10:15-11:15am BODYBALANCE Virtual - F
7:30-8:15am Strength Training Erin - F	8:15-9:00am Les Mills Core Virtual - F	7:30-8:15am Strength Training Erin - F	8:30-9:15am Core & Glute Blast Jen A. - F	7:00-7:45am BODYATTACK Virtual - F	8:00-8:30am SPRINT Tanya - T	11:30-12:30pm BODYPUMP Virtual - F
9:00-10:00am Cycle Rotation - T	9:00-10:00am Yoga Lori - Gym	8:30-9:15am BODYCOMBAT Virtual - F	9:00-10:00am Yoga Lori - Gym		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! 
9:40-10:40am BODYPUMP Melanie - F	9:10-10:10am HIIT Carol - F	9:00-10:00am Cycle Rotation - T	9:30-10:20am Total Body Tone Juli - F	8:30-9:30am RPM Elizabeth - T	9:00-10:00am BODYPUMP Steph – F	
10:15-11:15am Chair Yoga Erin – S1	9:15-10:00am Cycle Juli – T	9:40-10:40am BODYPUMP Susan - F	10:15-11:00am Barre Sculpt Rachel – S1	9:40-10:40am BODYPUMP Susan - F	9:00-10:00am Cycle Erin / Jen A. - T	
10:45-11:20am Les Mills Core Susan - F	10:15-11:15am Zumba Casandra - F	10:45-11:45am BODYBALANCE Donna - F	10:30-11:30am Zumba Amy - F	10:45-11:45am BODYBALANCE Donna - F	10:30-11:30am Zumba / Dance Lisa/Jen - 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

4:30-5:25pm Zumba Hannah - F	4:30-5:25pm BODYSTEP Tanya - F	4:30-5:15pm BODYPUMP Virtual - F	4:30-5:25pm Step & Tone Lisa B. - 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/Dance Rotation - F	5:30-6:15pm BODYCOMBAT Amanda - F	First Friday Zumba 6:00-7:00pm September 4 th , October 2 nd , November 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	6:35-7:20pm POUND Lisa T. - F	6:15-7:15pm Yoga Lori – S1	F = Fitness Studio T = Turf S1 = Studio 1 New/Changed		
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.	



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)

BODYSTEP – Bench with risers, optional weight plates. New to BODYSTEP? Start with a lower step height and increase as you become more comfortable with the movements

BODYBALANCE – Mat

BODYATTACK, BODYCOMBAT and Les Mills Dance – No equipment needed