Group Exercise Schedule

Fall 2026 November 9th – December 6th

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	6:45-7:15am **LM Core** Virtual - 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	7:30-8:00am **LM GRIT Strength** Virtual - F	7:30-8:15am **Strength Training** Erin - F	8:30-9:15am **Core & Glute Blast** Jen A. - F	8:30-9:30am **RPM** Elizabeth - T	8:00-8:30am **SPRINT** Tanya - T	11:30-12:30pm **BODYPUMP** Virtual - F
9:00-10:00am **Cycle** Rotation - T	9:10-10:10am **HIIT** Carol - F	8:30-9:25am **BODYSTEP** Michelle - F	9:15-10:15am **Yoga** Lori - Gym	8:30-9:30am **Zumba** Kayla - 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!
9:00-9:30am **BODYATTACK** Melanie - F	9:15-10:00am **Cycle** Juli – T	9:00-10:00am **Cycle** Rotation - T	9:30-10:20am **Total Body Tone** Juli - F	9:30-10:30am **Baptiste Yoga** Janna – S1	9:00-10:00am **BODYPUMP** Steph – F	
9:40-10:40am **BODYPUMP** Melanie - F	9:15-10:15am **Yoga** Lori - Gym	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	
10:15-11:15am **Chair Yoga** Erin – S1	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	
10:45-11:20am **LM Core** Susan - F			***Schedule subject to change. Visit hempfieldrec.com for class descriptions.***			

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 **LM Core** Virtual - F	1:00-1:30pm **BODYCOMBAT** Virtual - F	1:00-1:30pm **LM Dance** Virtual - F
1:35-2:05pm **LM 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 **LM 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 **LM Core** Virtual - F	2:15-3:00pm **BODYATTACK** Virtual - F

4:30-5:25pm **Zumba** Hannah - F	4:30-5:25pm **BODYSTEP** Tanya - F	4:30-5:25pm **Core & Contour** Lisa B. - F	4:30-5:25pm **Step & Tone** Lisa B.- F	4:30-5:15pm **BODYPUMP** Virtual - F	4:30-5:15pm **LM 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 November 6th, December 4th, January 1st @ 12pm Theresa - F		
5:30-6:30pm **Adult Ballet** Devon – S1	6:30-7:30pm **BODYPUMP** Steph - F	6:30-7:30pm **Yoga** Steph/Ganesh – 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**		
6:30-7:30pm **Vinyasa Yoga** Ganesh – S1 *Starts 11/16*	***Schedule subject to change. Visit hempfieldrec.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 **LM Core** Virtual - F	8:00-9:00pm **BODYATTACK** Virtual - F	hempfield recCenter DISCOVER. CONNECT. BELONG.	