

Group Exercise Schedule

MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am RPM Nancy - T	5:30-6:30am BODYFLOW Maureen - F	5:30-6:30am TBC Annmarie - F	5:30-6:30am BODYATTACK Rotation - F	5:30-6:00am Les Mills Core Nancy - F		
5:30-6:30am Step-n-Tone Tanya - F	7:15-8:15am BODYPUMP Emily - F	5:30-6:15am RPM Nancy - T				
8:30-9:30am Zumba Lynn - F	8:30-9:15am Core Carol - F	8:30-9:30am Body Wt Bootcamp Ally - F	8:30-9:15am Sweat & Sculpt Ally - F	8:00-8:45am HIIT Circuit Emily - F	8:00-8:45am BODYATTACK Rotation - F	8:00-8:45am POUND Jessie - F
9:30-10:30am BODYPUMP Leslie - F	9:15-10:00am HIIT Carol - F	9:30-10:30am Cycle Will - T	9:15-10:00am HIIT Rose - F	9:00-10:00am RPM Elizabeth - T	9:00-10:00am BODYPUMP Steph - F	
9:30-10:30am Cycle Marco - T	9:30-10:30am Yoga Noel - Gym	9:30-10:30am BODYPUMP Jill W - F	9:30-10:30am Yoga Noel - Gym	9:30-10:30am BODYPUMP Rotation - F	9:00-10:00am Yoga Rotation - S1	
10:00-10:45am Chair Yoga Noel - TRX	10:00-11:00am Zumba Michelle - F	10:00-10:45am Line Dancing Heather - Gym	10:00-11:00am Zumba Lynn - F	10:35-11:05am COMBAT/FLOW Rotation - F	9:00-10:00am Cycle Rotation - T	
	11:15-12:00pm Zumba Gold Heather - F	10:30-11:15am Power Yoga Noel - F	11:15-12:00pm Zumba Gold Doug - F			

5:30-6:00pm BODYPUMP Jill W. - F		5:30-6:30pm Zumba Michelle - F	4:30-5:30pm Dance Energy Rotation - F
5:30-6:30pm Cycle Dave - T			5:15-6:00pm BODYCOMBAT Vee - S1
5:30-6:30pm Adult Ballet Devon - S1	5:30-6:30pm HIIT Jill A. - F		5:30-6:30pm HIIT Jill A. - F
6:05-6:35pm BODYATTACK Jill W - F	6:00-6:45pm BODYFLOW Meredith - TRX		6:00-7:00pm BODYFLOW Charla - S1
6:35-7:20pm POUND Theresa - F	6:30-7:30pm BODYPUMP Steph - F	6:30-7:15pm POUND Michelle - F	6:30-7:30pm BODYPUMP Rotation - F
6:30-7:30pm Belly Dancing Devon - S1	6:30-7:30pm RPM Elizabeth - T	6:30-7:30pm Yoga Rotation - S1	
			7:35-8:35pm Yoga Lori - F

KIDS CORNER

FREE Childcare (ages 18mos - 10yrs)

Monday - Saturday 9:00am - 12:00pm

Monday - Thursday 5:00pm - 8:00pm

 = Cardio	 = Dance
 = Cardio/Strength	 = HIIT
 = Core	 = Strength
 = Cycle	 = Yoga

F = Fitness Studio

T = Turf

S1 = Studio 1

MP = Multipurpose Room

NEW / Changed

Schedule subject to change. Visit: hempfieldrec.com for class descriptions, updates and cancellations.