

Group Ex Schedule

Effective November 1

Please continually check the website for an updated schedule, as it may change frequently.

Monday

Morning

| | | |
|------|-------------|---------|
| 5:30 | RPM 45Exp | turf |
| 5:30 | Step-n-Tone | fitness |
| 8:30 | Zumba | fitness |
| 9:30 | BODYPUMP™ | fitness |
| 9:30 | Cycling | turf |

Afternoon

| | | |
|------|-------------------|----------|
| 5:30 | BODYPUMP™ 30Exp | fitness |
| 5:30 | Cycling | turf |
| 5:30 | Adult Ballet | studio 1 |
| 6:00 | POUND® | TRX |
| 6:05 | BODYATTACK™ 30Exp | fitness |
| 6:30 | Belly Dancing | studio 1 |

Tuesday

Morning

| | | |
|-------|------------|---------|
| 5:30 | BODYFLOW™ | fitness |
| 8:30 | Core | fitness |
| 9:15 | HIIT | turf |
| 9:15 | Yoga | gym |
| 10:00 | Zumba | fitness |
| 11:05 | Zumba Gold | fitness |

Afternoon

| | | |
|------|-----------|---------|
| 4:30 | BODYSTEP™ | fitness |
| 5:30 | HIIT | fitness |
| 6:00 | BODYFLOW™ | TRX |
| 6:30 | BODYPUMP™ | fitness |
| 6:30 | RPM™ | turf |

Wednesday

Morning

| | | |
|-------|-------------------|---------|
| 5:30 | TBC | fitness |
| 5:30 | RPM 45Exp | turf |
| 8:30 | Body Wt. Bootcamp | fitness |
| 9:30 | Cycling | turf |
| 9:30 | BODYPUMP™ | fitness |
| 10:30 | Power Yoga 45Min | fitness |

Afternoon

| | | |
|------|---------------|----------|
| 5:30 | Zumba 45Min | fitness |
| 5:30 | Adult Ballet | studio 1 |
| 6:20 | POUND® | TRX |
| 6:30 | Yoga | fitness |
| 6:30 | Belly Dancing | studio 1 |

Thursday

Morning

| | | |
|-------|----------------|---------|
| 5:30 | BODYATTACK™ | fitness |
| 8:30 | Sweat & Sculpt | fitness |
| 9:15 | HIIT | fitness |
| 9:15 | Yoga | gym |
| 10:00 | Zumba | fitness |
| 11:05 | Zumba Gold | fitness |

Afternoon

| | | |
|------|--------------|----------|
| 4:30 | Dance Energy | fitness |
| 5:30 | HIIT | fitness |
| 6:00 | BODYFLOW™ | studio 1 |
| 6:30 | BODYPUMP™ | fitness |

Friday

Morning

| | | |
|-------|-------------------------------|---------|
| 5:30 | Les Mills CORE™ 30Exp | fitness |
| 8:30 | Dance Fit 45Min | fitness |
| 9:00 | RPM™ | turf |
| 9:30 | BODYPUMP™ | fitness |
| 10:35 | BODYATTACK™/BODYCOMBAT™ 30Exp | fitness |

Saturday

Morning

| | | |
|------|-------------------|----------|
| 8:00 | BODYATTACK™ 45Exp | fitness |
| 9:00 | BODYPUMP™ | fitness |
| 9:00 | Yoga | studio 1 |
| 9:00 | Cycling | turf |

KIDZ KORNER

FREE Childcare (ages 18 mos-10 yrs)

Mon.-Sat. 9:00 am-12:00 pm

Mon.-Thur. 5:00 pm-8:00 pm

Class tickets:

BODYPUMP™, all Cycling/ RPM™ and T,Th Zumba participants will need a ticket to present to the instructor when entering the studio.

Disposable tickets are available at the front desk no earlier than 1/2 hour before the class.

Schedule may change at any

time. Find updated schedules and any updates or cancellations at hempfieldrec.com.

Class descriptions:

Visit hempfieldrec.com

Classes are FREE and unlimited to members.



Discover. Connect. Belong.