Group Exercise Schedule

SUMMER 2022 - *Effective June 6th*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am RPM Nancy – T	5:30-6:30am *BODYBALANCE* Maureen – F	5:30-6:15am RPM Nancy - T	5:30-6:30am BODYATTACK Rotation – F	5:30-6:00am Les Mills Core Nancy – F	**Yoga** Tuesday & Thursday 8:30am will be canceled if it is raining in order to accommodate Summer Day Camp children. Go to hempfieldrec.com for updates.	
5:30-6:30am Step-n-Tone Tanya - F	7:15-8:15am BODYPUMP Emily - F	5:30-6:30am TBC Annmarie - F				
8:30-9:30am Zumba Lynn - F	8:30-9:15am **Yoga** Noel – Gym	8:30-9:30am Body Wt Bootcamp Ally – F	8:30-9:15am **Yoga** Noel – Gym	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	8:30-9:15am Core Carol – F	9:30-10:30am BODYPUMP Jill W – F	8:30-9:15am Sweat & Sculpt Ally – F	9:00-10:00am RPM Elizabeth – T	9:00-10:00am BODYPUMP Steph – F	
9:30-10:30am Cycle Marco - T	9:15-10:00am HIIT Carol – F	9:30-10:30am Cycle Will – T	9:15-10:00am HIIT Rose – F	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	10:30-11:15am Power Yoga Noel - F	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 Line Dancing Heather – F		11:15-12:00pm Zumba Gold Rotation - F			

BODYFLOW is now called BODYBALANCE
Same great class, just with a new name!

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

hempfield recCenter

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