



Group Ex Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45am *CYCLE Jen W	5:45am PiYo Live Kristie	5:45am *CYCLE Kristie	5:45am EARLY RISER Linda		
5:45am EARLY RISER Linda						
8:00 - 8:50am *CYCLE Kristie	6:45am Yoga Linda	8:00-8:50am *CYCLE Kristie	6:45am Restorative Stretch Kristie	8:00-8:50am *CYCLE Linda		
8:55-9:10am AB LAB Kristie		8:30am Hatha Yoga Meg B		8:15am Yin Yoga Meg B		
	8:00-8:45am CARDIO HIIT Tara	8:55-9:10am AB LAB Kristie	8:00-8:45am CARDIO HIIT Tara	9:00-9:50am Body Sculpt Tara	8:45-10:00am Cardio or Cycle Workout Instructor TBA	
9:00-10:00pm SUPER CIRCUIT Chavalla						
	8:50-9:40am SPORTS BARRE Susan S.	9:00-10:00am SUPER CIRCUIT Chavalla	8:50-9:40am SPORTS BARRE Susan S.	9:00-10:00am SUPER CIRCUIT Instructor TBA		
9:15am GROUP STRENGTH Training Kristie					10:15-11:30am Flow Yoga Rayna	
	9:00am BOOT CAMP Torja/Carly	9:15am PiYo Live Kristie	9:00am BOOT CAMP Torja/Carly			
10:00am YinYang Yoga Meg B						
	9:50-10:50am B.A.C.E Linda		9:50-10:50am B.A.C.E Linda			
12:00pm Hatha Yoga Jill K		12:00pm Hatha Yoga Jill K		12:00pm Vinyasa Flow Linda		
	12:00-12:50pm *CYCLE Matt					
	4:45-5:25pm BARRE 2 CORE Mary	4:45-5:25pm *CYCLE Carly				
		Begins Sept 6				
	5:30-6:30pm *CYCLE Mary					
	5:45pm Gentle Flow Rayna					

Reminder: Class schedule and instructors are subject to change

www.hrsportsclub.com

* Attendance Policy: We want to offer a wide variety of classes to our members, however if attendance remains below 5 for a period of 3 weeks; we will cancel, change times or change the day the class is offered.

Cycle cancellation: A.M Cycle classes will be cancelled by 8:00pm the evening before if less than 50% of the bikes are reserved. Noon/Evening Cycle Classes will be cancelled 3 hours before the start of class if less than 6 bikes are reserved

Group Fitness Class Descriptions

Please honor our no cell phone policy during class and for the courtesy of our fragrance sensitive members, please refrain from wearing perfume. Thank you.

EARLY RISER: A moderate, early morning step class designed to get the blood pumping!

CYCLE: Group Cycling encourages intervals of anaerobic training to challenge the most fit. However, everyone is encouraged to work within his or her own fitness level. Truly a class that everyone can enjoy.

AB LAB: Drop in for this intense 15-minute torso training class, which is meant to compliment the workout of your choice. It will focus on abdominal and lower back strengthening.

GROUP TRAINING: This 60 minute class combines strength training, core conditioning, plyometrics, cardio intervals and sports specific stretching. This is non-choreographed class, anyone can perform the moves and exercises included in the class. We will be utilizing weights, resist-a-ball, weighted bars and the step.

SATURDAY SURPRISE: The format and instructor varies each week.

FAT BURNER: An hour of intense low-impact cardiovascular training combining floor and/or step aerobics w/light hand weights. This class will vary in format to include: intervals of weights training and cardiovascular training intermittently. This class concludes with slow stretch to improve balance, strength, and flexibility.

STEP & STRENGTH: One hour class including a variety of intermediate step choreography and sculpting with hand weights and exercise tubes. This class will test your endurance on Thursday mornings: join Heidi on Wednesday mornings for a great workout.

PURE CARDIO: An hour of intense high/low impact cardiovascular training. The focus will be to elevate one's heart rate and maintain it throughout the workout. This class promises to be challenging utilizing light hand weights, floor work and the step.

B.A.C.E.: This workout incorporates dynamic balance, using balls and weights to strengthen your abdominals and back. You will learn the techniques for stabilization and recruitment of all your muscle groups. It will balance your body giving you better posture and help you to feel better than ever!

SUPER CIRCUIT: This is a 60 minute weight class that included cardio intervals. This class is held in the Weight Room.

BOOT CAMP: Non-Choreographed class, strength and cardio intervals.

T.B.W.: Total Body Workout...Class includes: strength, toning, and core.

POWER YOGA: An Ashtanga/Vinyasa style of Yoga that places emphasis on strength, flexibility, and balance, as well as nurtures the desire for self-discipline, and has the same potential of emulating a rigorous full-body workout using only the weight of your body, your breath, and gravity. Join Joe for this great class!

ZUMBA: Zumba is the most fun you can have sweating! An hour cardio class of latin and international infused music with heart-pumping dance moves. Come join the party with Sarah!

VINYASA FLOW: A basic yoga class designed for all levels. Participants are encouraged to work at their own level in this one hour class.

RESTORATIVE YOGA: A dynamic class of movement to integrate mind, body, spirit. The focus is to build inner awareness and outer power. Instructor: Heidi Ribkoff

WEDNESDAY 8:30AM YOGA: A general yoga class, which focuses on the precision of poses and the individual body. The hatha style here is slower to gain both flexibility and core strength. Instructor: Meg Becker

MEN'S YOGA: Yoga designed especially for the male physique. It caters to flexibility and stress reduction. Instructor: Meg Becker

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