

# Fall Fitness Schedule 2017

Schedule effective September 25th – December 17th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:45am	R30 30min	R30 30min		R30 30min			
08:15am						RIDE 60min	
08:30am			ON THE BALL 50+ 45min	CENTERGY 50+ 60min		CARDIO TENNIS 60min	yoga motion 90min
09:00am		R30 30min		CORE 30min			CORE 30min
09:30am	RIDE 60min	POWER 60min	ZUMBA fitness 60min	TRX 45min	CARDIO TENNIS 60min	POWER 60min	fight 60min
10:30am	PILATES 60min	CENTERGY 60min	ACTIVE 60min	HOTNO yoga 90min	RIDE 60min	ACTIVE 60min	CENTERGY 60min
11:30am	lunch yoga 60min					HRC FITNESS FLASH	
12:30pm				R30 30min		<p><b>Go ahead...Try something NEW!</b>                      *Pre-register 24 hours in advance at the Front Desk.</p> <p><b>INTRO TO TENNIS</b>                      Monday October 16th – 6:30pm - 7:30pm                      Tuesday December 12th – 1:30pm - 2:30pm</p> <p><b>INTRO TO SQUASH</b>                      Wednesday October 25th – 11:30am - 12:30pm                      Tuesday November 21st – 7:00pm - 8:00pm</p> <p><b>INTRO TO YOGA WORKSHOP</b>                      Monday October 23rd – 7:00pm - 8:30pm</p>	
05:30pm	POWER 60min	CARDIO TENNIS 60min	ACTIVE 60min	S.A.M. TENNIS 60min	CORE 30min	ACTIVE 60min	R30 30min
06:00pm			R30 30min	RIDEON! 90min	CORE 30min		
06:30pm	CENTERGY 60min	dotuneup 30min	fight 60min	TRX 45min			
07:30pm	ZUMBA STEP 60min	body reset 90min					

\*Schedule subject to change without notice.

	<p>GET ACTIVE and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE with Group Active®!</p>		<p>Are you waking up feeling stiff or sore all the time? Then this class is perfect for you. Tune Up is a 30 minute class that will address those tight or generally stiff areas throughout your body. Using a combination of foam rolling, lacrosse balls, bands and just your own body we will work to improve your mobility. Tune Up is also a great chance to ask the instructor for help with form and specific exercises that you may be having trouble with. You will leave this class feeling refreshed and maybe perhaps a little taller (if only). Check the schedule for Tune Up times and give it a try!</p>
	<p>Redefine yourself with Group Centergy®. Grow longer and stronger as you explore this 60 minute journey of Yoga and Pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy®!</p>		<p>TRX® Suspension Trainer™ exercises allows for the use of multiple planes of motion and works multiple muscles and joints simultaneously. Traditional weight training often only works one muscle at a time and the TRX forces you to use normal coordinated muscle effort, used to complete most everyday activities. Plus the TRX is fun and different and we promise you won't be bored.</p>
	<p>Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform – all to challenge you like never before. Reach Your Peak with Group Core®!</p>		<p>Get on the ball! A non-conventional method of strengthening your muscles, this class utilizes stability balls and Pilates' techniques to create a total body strength training session. Work your core while having a ball and getting strong - it may be more challenging and fun than you anticipate!</p>
	<p>Group Fight® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Fight® will knock you out!</p>		<p>Whether you're a mountain biker or a roadie gear up to be put through your paces in this 90 minute bike class that brings your outdoor riding experience indoors. Designed for cycling enthusiasts this class promises to train you like a real rider. So strap on your cleats, grab your water bottle and get ready to ride!</p>
	<p>Group Power® is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses, and curls, Group Power® is for all ages and fitness levels. Discover results, discover Group Power®!</p>		<p>Imagine pressing the PAUSE button at work and recharging, opening, releasing and tapping into the essence of who you are. This class offers a reprieve to check in with what really matters -- your Self. Your boss will love the bi-product of just who returns to the workplace following this class! Promotion, anyone?</p>
	<p>Get fitter in only 30 minutes! It's as easy as riding a bike and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush! Inspiring music and motivating coaches will ensure that Everyone Finishes First!</p>		<p>Hatha Yoga uses a combination of breathing, postures (asanas) and stretching to strengthen both the mind and the body. This practice helps increase flexibility, mobility and stamina. By encouraging proper alignment Hatha Yoga brings balance, mindfulness and a sense of calm.</p>
	<p>Everyone finishes first in Group Ride®! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!</p>		<p>YogaMotion is appropriate for people with little to no yoga experience. We will practice basic yoga postures, breathing and relaxation. This class brings balance, strength, and a sense of well-being to the participant, and allows you to develop awareness of basic yogic postures, breathing and meditation techniques. Postures stretch, align and help detoxify the body promoting balance, flexibility and concentration.</p>
	<p>The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!</p>		<p>This is truly a transformational class for people who are done feeling tired, disgruntled, limited, and that parts of their body have forsaken them. Ideal for anyone that wants to get better, stronger, faster, happier and more youthful in their bodies. Be prepared for vibrant, actual bona fide shifts and epiphanies in every single class. This may be the very class you have been waiting for, and didn't even realize it.</p>
	<p>Looking to strengthen and tone your legs and glutes? Step right up! This class combines the awesome toning and strengthening power of Step aerobics with the fun fitness party that only Zumba brings to the dance floor.</p>		<p>Strengthen your core and build body strength through unique movements created by Joseph Pilates.</p>
	<p>BAM Tennis (Junior Cardio Tennis)! No tennis experience required! This fun fast-paced tennis program is designed to get your feet moving and your heart pumping. Add to that the opportunity to practice tennis skills in movement based drills and you have a perfect recipe for fun and fitness, Racquets provided. (8 - 13 yrs)</p>		<p>Cardio Tennis® is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a tennis professional, Cardio Tennis® includes a warm-up, cardio workout, and cool down phase. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis®.</p>