

JULY '18		Group	Exercise	Class	Schedule	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			MORNING CLASSES			
5:30 Hatha Flow Gary	5:15 Circuit45 Brent	5:00 Cycle45 Dimitri	5:15 Circuit45 Brent	5:00 Cycle45 Dimitri	7:00 Cycle45 Instructor Varies Check HSAC App	
	6:15 H.I.I.T Brent		6:15 H.I.I.T Brent	5:30 Hatha Flow Gary		
6:00 Cycle45 Dina	6:15 Cardio Barre Dina	6:00 Cycle45 Jewel		6:00 Cycle45 Dina	8:00 Pilates Kerry	
		6:00 Body Pump Cheridan				
8:00 Zumba Cheridan		8:00 Cardio Sculpt Sandy		8:00 Body Step Mary	8:15 Cycle45 Instructor Varies Check HSAC App	
8:15 Cycle45 Sue	8:30 Red Hot Dance Nichole	8:15 Cycle45 Quinn/Donna	8:30 Red Hot Dance Nichole	8:15 Cycle45 Quinn	8:15 GRIT Nick (30m)	
8:30 Circuit30 Sarah K.	8:30 Circuit30 Sandy	8:30 Circuit30 Sarah B.	8:30 Circuit30 Sandy	8:30 Circuit30 Levi	8:30 Circuit30 Quinn	9:00 Circuit30 Tina
9:00 Body Sculpt Julie	9:00 Bootcamp Levi	9:00 Body Pump Gigi	9:00 Bootcamp Levi	9:00 Body Pump Tina	9:00 Body Sculpt Renee	
9:00 Barre45 Dina	9:00 YO-Barre (45m) Sue	9:00 Barre45 Natasha	9:00 YO-Barre (45) Natasha	9:00 Barre45 Diana	9:00 Barre45 Instructor Varies Check HSAC App	9:00 Vinyasa Yoga Instructor Varies Check HSAC App
9:30 Red Hot Dance Nichole/Annie		9:30 Zumba Donna		9:30 Red Hot Dance Annie/Danielle	9:00 Aqua Xpress Patty	
9:45 Cycle45 Natasha	9:30 Cycle55 Sandy/Gigi	9:45 Cycle45 Sue	9:30 Cycle55 Gigi	9:45 Cycle45 Dina	9:30 Cycle55 Sandy/Gigi	9:30 Cycle55 Bruce
10:00 Circuit45 Sarah K.	10:00 Circuit30 Tina	10:00 Circuit45 Brent	10:00 Circuit30 Sarah B.	10:00 Circuit45 Levi		
	10:00 Vinyasa Yoga Ashtyn		10:00 Power Vinyasa Carmen	10:00 Core Gigi	10:00 Red Hot Dance Annie	
10:30 Vinyasa Yoga Yvette	11:15 Pilates Mat Kerry	10:30 Vinyasa Yoga Kim	11:15 Pilates Mat Natasha	10:30 Vinyasa Yoga Kim	10:30 Hatha Flow Gary	
10:30 Aqua Motion Maureen	10:30 Aqua Motion Cheridan		10:30 Aqua Motion Diana/Kerry	10:30 Aqua Motion Kerry	Location Key: <div style="background-color: #fce4d6; padding: 5px; margin-bottom: 5px;">Cycle Studio</div> <div style="background-color: #e2efda; padding: 5px; margin-bottom: 5px;">Mind/Body Studio</div> <div style="background-color: #e0e0e0; padding: 5px; margin-bottom: 5px;">Basketball Court</div> <div style="background-color: #fff9c4; padding: 5px; margin-bottom: 5px;">Weight Room</div> <div style="background-color: #fff176; padding: 5px; margin-bottom: 5px;">Group X Studio</div> <div style="background-color: #bbdefb; padding: 5px;">Pool</div>	
10:30 Fit for Life Sherry		10:30 Fit for Life Sherry		10:30 Fit for Life Sherry		
11:45 Silver Sneakers Sherry		11:45 Silver Sneakers Sherry		11:45 Silver Sneakers Sherry		
			AFTERNOON CLASSES			
12:00 Cardio Barre Diana	12:00 Fit for Life Yoga Kerry	12:00 Cardio Barre Diana	12:00 Fit for Life Yoga Kerry/Cheryl	12:00 Cardio Barre Diana		
	12:00 Cycle55 Whyle			12:00 Cycle55 Whyle		
	12:00 Circuit30 Quinn		12:00 Circuit30 Nichole			
1:10 Arthritis Swim Maureen		1:10 Arthritis Swim Kerry		1:10 Arthritis Swim Kerry		
2:00 Fit for Life Chair Yoga Kerry		2:00 Fit for Life Chair Yoga Kerry				
			EVENING CLASSES			
4:30 Gentle Yoga Carmen	4:30 GRIT Nick (30m)	4:30 Vinyasa Yoga Cheryl	4:30 GRIT Nick (30m)	<div style="background-color: #ffff00; padding: 10px; text-align: center;"> Please Check the HSAC App Daily for any Group Exercise Class Instructor Changes / Subs. </div> <div style="background-color: #ffff00; padding: 10px; text-align: center; margin-top: 10px;"> The App is Free to Download! </div>		4:00 Gentle Yoga Courtney
5:30 Cycle45 Quinn	5:00 Body Flow Mary	5:30 Cycle45 Whyle				4:00 Cycle45 Instructor Varies Check HSAC App
5:30 YO-Barre (45m) Sue/Courtney	5:30 Cycle55 Bruce	5:30 Barre-less Renee	5:30 Cycle55 Bruce			
5:30 Body Sculpt Renee	5:30 Body Pump Allison	5:30 Insanity Tina	5:30 Body Pump Josefin			
6:30 Cycle30 Glenn	6:30 Circuit30 Tina	6:30 Cycle30 Glenn	6:30 Circuit30 Sarah B.			
6:30 Red Hot Dance Danielle	6:30 Core Kevin	6:30 Red Hot Dance Danielle	6:30 Core Kevin			
7:30 Aqua Express Helen	7:00 Power Vinyasa Carmen	7:30 Aqua Express Helen	7:00 Vinyasa Yoga Sherry C.		Last updated: 7/2/2018	

Harbor Square Class Descriptions

CARDIOVASCULAR CLASSES

Body Step™ (Les Mills) – Body Step is the energizing step workout that makes you feel liberated and alive. Using a height adjustable step and simple movements on, over and around the step you get great motivation from sing-a-long music and approachable instructors.

GRIT™ (Les Mills) - 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardio and build lean muscle. This workout uses barbell, weighted plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder and to get fit, fast.

H.I.I.T. (High Intensity Interval Training) - This 45-minute class targets Cardio and Strength conditioning. High energy, intense exercises that work total body focusing on core strengthening.

INSANITY - Use your body to create the best body you can get by doing these insane moves: Plyometrics for insane legs and glutes. Upper body resistance for sculpted arms, shoulders, chest, back. Pure cardio for crazy fat burn. Cardio abs with intensive core work. This class gets results.

Red Hot Dance - RHDF combines the hottest music with even hotter moves. Beginners build confidence with easy to follow dance moves set to your favorite songs, while more choreography is layered in so the seasoned dancer can be challenged. This class is a fun, exhilarating, calorie burning dance party.

ZUMBA - A fun, all levels dance inspired cardio-fitness workout using fun, easy to follow choreography with great music. So much fun you will forget you are doing an awesome “fat burning” workout.

CONDITIONING CLASSES

Barre-less – 50 minutes – No need for the barre in this booty lifting, arm sculpting, calorie burning, full body workout. We move big and move small blending large movements with small isometric movements to give you long, lean, toned muscles.

Barre 45 – (space is limited to 34) 45 minutes – This class is a unique blend of Pilates, Ballet & Sculpting exercises using the barre, light weights and other props. This workout uses small isometric movements to give you long lean muscles, total body toning and increased balance.

BODYFLOW™ - Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

Bootcamp - This class is designed to give you the opportunity for a high intensity, core strengthening, resistance training, cardio workout that will push you to achieve your fitness goals.

Body Pump™ (Les Mills) - This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for!

Body Sculpt – This popular conditioning class utilizes weights, body bars, tubing along with very effective conditioning exercises to sculpt and define your body.

Cardio Barre - 45 minutes - A fun, high energy/low impact workout that uses light weights and includes cardio, toning and sculpting exercises for the booty, legs, abs and more. This class will get your heart pumping and your body sweating.

Cardio Sculpt – A balanced workout – little bit of cardio combined with a little bit of sculpting exercises makes this class an amazing workout!

Circuit30/Circuit45 - Class conducted upstairs in the weight room. 30-45 minute workout using the Free Motion equipment you will circuit through different stations making this a full body conditioning and cardio workout. Sign up day of in the weight room.

All participants should be in good health and have doctor's approval before participating. Cycling class sign-ups are at the front desk and can be done up to 30 minutes prior to class time. There are no saving bikes for friends. Sign up in the upstairs weight room day of for Circuit30/45. All classes are FREE for members! Non-members - \$13/class. All classes are 55 minutes unless otherwise noted in the class description.

CORE CLASSES

Core Training - This class is a great challenging workout for your core. More than abs, it's the bottom of the chest, top of the knee and all the way around. Full core workout! (30 min).

Pilates Mat – This class is open to all Pilates experience levels. Challenge the powerhouse with a combination of beginning, intermediate, and advanced movements.

CYCLE CLASSES

We offer a variety of cycling classes. Our studio bikes are equipped with industry-leading Stages Cycling Power Consoles. With this technology, along with our team of talented instructors, you will get amazing results as you learn how to maximize your workout using personal metrics.

Cycle55 - This 55-minute cycling class is designed for ALL fitness levels. This workout incorporates interval training, endurance training, hills and various drills. Come ready to work hard to some great music and have fun.

Cycle45 - This 45-minute power ride will take you to the next level. This is our most challenging ride with more intense drills consisting of intervals, speed play and steep hills with less recovery time.

Cycle30 – This HIIT (High Intensity Interval Training) 30-minute workout is all about intervals (periods of hard effort followed by easier rest periods) and is designed to provide a very efficient workout in a short amount of time. Come ready to work hard!

YOGA CLASSES

YO-Barre – 50 minutes - A uniquely designed yoga fusion class that brings together the best of Yoga and Barre giving you the sculpting results of Barre and the strength & flexibility of Yoga. This is a sweaty, calorie burning workout that gets you amazing results!

Hatha Flow – This class integrates elements of stabilization and movement. Emphasis is on individual expressions of poses, and transitions with the understanding that mind-body-breath connections are uniquely tuned to each person and are to be honored. The class is suitable for all levels, with freedom to adapt, explore, energize and release!

Vinyasa Yoga – We will flow through poses connecting movement to breath. This flow keeps the body warm and engaged throughout the class and maintains a playful, dance-like quality. There is no set sequence and each teacher brings his/her own style.

Power Vinyasa - This class builds on the foundation of Vinyasa adding more intensity to keep the body heated and the heart rate up. The practice challenges your edge and will sculpt, tone and elongate your muscles.

Gentle Yoga - This yoga moves at a slower pace being a wonderful place to develop a deeper understanding of the alignment of each pose. The focus is to release resistance and tension from the muscles and joints.

Fit for Life Chair Yoga - This gentle chair-based yoga class is a great class for all body types and fitness levels. Great for seniors, pre-natal, post-surgery, or whatever limits your mobility.

WATER CLASSES

Aqua Motion - All fitness levels will be challenged in this workout focusing on cardio and strength training.

Aqua Xpress - An intermediate to advanced water workout utilizing noodles, kickboards and plenty of upbeat music. This class moves!

Arthritis Workout - A workout designed for people with arthritis, and other joint limitations. Exercises are done slowly to preserve and enhance joint mobility.

Harbor Square Athletic Club

160 West Dayton

Edmonds, WA 98020

www.harborsquare.com

425-778-3546