

HSAC	SEPT '19	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 Bruce/ Sarah B.	
	6:15 H.I.I.T Brent		6:15 H.I.I.T Brent	5:30 Hatha Flow Gary		
6:00 Cycle45 Dina	6:00 Sculpt Barre Dina	6:00 Cycle45 Jewel	6:00 Barre Courtney	6:00 Cycle45 Dina	8:00 Pilates Kerry	
		6:00 Body Pump Cheridan				
8:00 Zumba Donna		8:00 Cardio Sculpt Sandy		8:00 Body Step Mary	8:15 Cycle45 Dina/Quinn	8:00 Sprint Cycle (30m) Nick
8:15 Cycle45 Quinn	8:30 Red Hot Dance Nichole/Stacy	8:15 Cycle45 Quinn	8:30 Red Hot Dance Nichole	8:15 Cycle45 Natasha	8:15 GRIT Nick (30m)	
8:30 Circuit30 Sarah B.	8:30 Circuit30 Sandy	8:30 Circuit30 Beth	8:30 Circuit30 Sandy	8:30 Circuit30 Levi	8:30 Circuit30 Sarah B./Annie	
8:30 Barre Ellen		8:30 Vinyasa Yoga Kim S.		8:30 Barre Ellen		
9:00 Body Sculpt Julie	9:00 Bootcamp Levi	9:00 Body Pump Gigi	9:00 Bootcamp Levi	9:00 Body Pump Donna	9:00 Body Sculpt Renee	
9:30 Sculpt Barre Dina	9:00 YO-Barre Sue	9:30 Barre Ellen	9:00 YO-Barre Carmen	9:30 Sculpt Barre Diana	9:00 Sculpt Barre Instructor Varies Check HSAC App	9:00 Vinyasa Yoga (75min) Mallory
9:30 Red Hot Dance Nichole/Stacy		9:30 Zumba Cheridan		9:30 Red Hot Dance Annie	9:00 Aqua Xpress Patty	
9:30 Cycle45 Sarah B.	9:30 Cycle45 Gigi/Beth	9:30 Cycle45 Beth	9:30 Cycle45 Gigi	9:30 Cycle45 Dina	9:30 Cycle45 Sandy	9:30 Cycle55 Bruce
10:00 Circuit45 Annie	10:00 Circuit30 Cheridan	10:00 Circuit45 Brent	10:00 Circuit30 Sarah B.	10:00 Circuit45 Brent		
	10:00 Vinyasa Yoga Sue		10:00 Vinyasa Yoga Carmen		10:00 Red Hot Dance Annie	
10:30 Vinyasa Yoga Yvette	10:30 Aqua Motion Libby	10:30 Vinyasa Yoga Ellen	10:30 Aqua Motion Diana/Kerry	10:30 Vinyasa Yoga Kim	10:30 Hatha Flow Gary	
10:30 Aqua Motion Maureen	11:15 Pilates Mat Kerry		11:15 Pilates Mat Sarah B.	10:30 Aqua Motion Kerry	Location Key: Cycle Studio Mind/Body Studio Basketball Court Weight Room Group X Studio Pool	
10:30 Fit for Life Pat		10:30 Fit for Life Pat	10:30 Fit for Life Pat			
11:45 Silver Sneakers Pat		11:45 Silver Sneakers Pat	11:45 Silver Sneakers Pat			
AFTERNOON CLASSES						
12:00 Cardio Barre Diana		12:00 Cardio Barre Diana		12:00 Cardio Barre Diana		
	12:00 Cycle55 Whyle		12:00 Circuit30 Nichole	12:00 Cycle55 Whyle		
1:10 Arthritis Swim Maureen	12:00 Fit for Life Chair Yoga Kerry	1:10 Arthritis Swim Kerry	12:00 Fit for Life Chair Yoga Kerry/Cheryl	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 Josefin (30m)	Note: Time change M/W/F Barre / Yoga Classes are now 8:30 & 9:30am! Mon. – 8:30 Barre, 9:30 Sculpt Barre Wed. – 8:30 Vinyasa Yoga, 9:30 Barre Fri. – 8:30 Barre, 9:30 Sculpt Barre "SUPER SATURDAY LES MILLS LAUNCH" September 21 st from 7am -10am in the Group X Studio Sprint/Grit/Pump/Grit		4:00 Gentle Yoga Courtney
5:30 Cycle45 Paula/Quinn	5:30 Cycle55 Bruce	5:30 Cycle45 Whyle	5:30 Cycle55 Bruce			4:00 Cycle45 Instructor Varies Check HSAC App
5:30 Barre Ellen	5:30 Body Pump Allison	5:30 Sculpt Barre Quinn	5:30 Body Pump Josefin			
5:45 GRIT Annie	6:00 Yo-Barre Carmen	5:45 GRIT Danielle	6:00 Barre Ellen			
6:30 Sprint Cycle (30m) Nick	6:30 Circuit30 Cheridan	6:30 Cycle30 Glenn	6:30 Circuit30 Sarah B.			
6:30 Red Hot Dance Annie	6:30 Core Kevin	6:30 Red Hot Dance Danielle	6:30 Core Kevin			
7:30 Aqua Express Helen	7:00 Vinyasa Yoga Carmen	7:30 Aqua Express Helen	7:00 Vinyasa Yoga Ellen			Last updated: 9/1/2019

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.

BARRE CLASSES

Barre – (space is limited to 30) 45 minutes – This “at the barre” workout is a low-impact, high energy class that uses a unique blend of Pilates and Sculpting exercises designed to give you long, lean muscles with a strong emphasis on the lower body. You will use the barre, light weights, various props as you “pulse” your way to a lifted booty and sculpted body.

Barre Xpress – 30 minutes – Great, quick workout! This 30-minute express class is a barre workout that focuses on lower body toning. You will use the barre, light weights, various props as you “pulse” your way to a lifted booty, sculpted legs and toned abs.

Cardio Barre - 45 minutes – No need for the barre in this full body toning class. We move big and small, blending large movements with small isometric movements to tone arms, legs, booty and abs with cardio bursts to increase calorie burn.

Sculpt Barre – 45 minutes – No need for the barre in this booty lifting, arm sculpting, full body workout. We move big and small blending compound movements with small isometric movements to give you long, lean, toned muscles.

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!

CONDITIONING CLASSES

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 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.

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 – Whether you are new to cycling or just want a less intimidating ride with a fun, chill vibe – this 30-minute workout is the one for you. Great music, effective cycling drills, lots of sweat and it gets the job done!

SPRINT™ (Les Mills) – This is a 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve fast results. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

YOGA CLASSES

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 bring his/her own style.

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 - Class begins with seated stretches then moves into standing yoga postures with the chair used as needed for support. Deeper seated stretches and a final relaxation bring the class to a close. Perfect for those seeking a gentle yoga practice and/or those recovering from an injury or need balance support.

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.

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.

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