

GROUP FITNESS SCHEDULE

FEBRUARY 2018

Get miles for your Month Long Marathon in our classes: Strength, Cardio, & Aqua classes = 3 miles each
Yoga, Barre, & Tai Chi classes = 2 miles each

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	CYCLE 45' (CS) Aaron	LESMILLS BODYPUMP (GF) Stephanie	CYCLE (CS) Keith	LESMILLS BODYPUMP (GF) Stephanie	CYCLE (CS) Keith	8:00 AM LESMILLS BODYPUMP (GF) Kari
		SWIM CONDITIONING (IP) Aaron	CIRCUIT (GM) Jesse			9:00 AM AQUA (IP) Dawn
6:30 AM	POWER YOGA 45' (YB) Aaron	Morning GO! ** (GM) Jesse		Morning GO! ** (GM) Jesse		9:00 AM CYCLE (CS) Kristi
8:00 AM	BASIC CIRCUIT (GM) Nancy		STRENGTH & BALANCE (GF) Nancy		STRENGTH & BALANCE (GF) Nancy	9:15 AM YOGA FLOW (YB) Kari
9:00 AM	AQUA (IP) TBD	AQUA (IP) Chelsey	AQUA (IP) Kim C.	AQUA (IP) Chelsey	AQUA (IP) Nicole	10:30 AM BARRE (YB) Consuelo / Samantha
	BARRE (YB) Consuelo	PILATES REFORMER ** (PS) David	BARRE BASICS (YB) Consuelo / Kristi	PILATES REFORMER ** (PS) David	YOGA FLOW (YB) Amy H	11:30 AM ZUMBA (GF) Tiffany
	CYCLE (CS) Kristi		CYCLE (CS) Wendy		CYCLE (CS) Wendy	12:35 PM AQUATOTS (IP) Leslie
9:15 AM	LESMILLS BODYPUMP (GF) Jodi	LESMILLS BODYATTACK (GF) Allie	LESMILLS BODYPUMP (GF) Jodi	STRONG + ZUMBA (GF) Erna	ZUMBA (GF) Anne	
9:30 AM	Equipment Circuit ** (PS) Sarah		PILATES REFORMER ** (PS) Sarah			
10:15 AM	LESMILLS CXWORX 30min (GF) Wendy		LESMILLS CXWORX 30min (GF) Wendy			
		MAT PILATES (YB) David	HATHA YOGA (YB) Iris	MAT PILATES (YB) David	YIN YOGA (YB) Amy H	SUNDAY
10:45 AM	TAI CHI (GF) Jamie	FOREVER FIT (GF) Erna		STRENGTH & BALANCE (GF) Mike		9:00 AM ZUMBA (GF) Stephanie
12:00 PM	HIIT (GM) Chelsey		CIRCUIT (GM) Dana		CIRCUIT (GM) Dana	9:00 AM CYCLE (CS) Keith / Samantha
	LESMILLS BODYPUMP (GF) Wendy	CYCLE (CS) Kristi	LESMILLS BODYPUMP (GF) Wendy	LESMILLS RPM (CS) Katie	LESMILLS BODYPUMP LESMILLS CXWORX (GF) Wendy	10:00 AM POWER YOGA (YB) Erna
	YOGA FIT FUSION (YB) Erna	HATHA YOGA (YB) Amy H	AQUA THERAPY ** (IP) Nancy	YIN YOGA (YB) Chris		10:00 AM LESMILLS BODYCOMBAT (GF) Heather
4:15 PM					TAI CHI (GF) Jamie	6:00-7:30 PM (90 min) IYENGAR YOGA (YB) Nuvana
5:00 PM			ZUMBA (GF) Ana			
5:20 PM		HIIT (GM) Rich		HIIT (GM) Rich		
		ZUMBA (GF) Anne		ZUMBA (GF) Anne		
	BARRE BURN (YB) Kari	KIDS YOGA (YB) Irina	BARRE BURN (YB) Kari	ZUMBA kids (YB) Tiffany	HATHA YOGA (YB) Kari	
5:30 PM - 7:30 PM			PICK-UP BASKETBALL (GM) Ben		PICK-UP BASKETBALL (GM) Ben	CLASS LOCATION CS: Cycling Studio GF: Group Fitness Studio YB: Yoga/Barre Studio GM: Gymnasium IP: Indoor Pool RW: Rock Wall
6:00 PM	CYCLE (CS) Keith		CYCLE (CS) Samantha			
6:25 PM	LESMILLS BODYCOMBAT (GF) Heather		LESMILLS BODYCOMBAT (GF) Heather			
6:30 PM	TAI CHI (CLIMB) 6:30-6:50 pm (YB)	LESMILLS BODYPUMP (GF) Stephanie	TAI CHI (CLIMB) 6:30-6:50 pm (YB)	LESMILLS BODYPUMP LESMILLS CXWORX (GF) Allie		
7:00 PM	HATHA YOGA (YB) Alex	ATHLETIC PILATES (YB) Nicole	RESTORATIVE YOGA (YB) Chris	PILATES FUSION (YB) Irina		
	TAI CHI CLIMB 6:50-7:30 pm (RW)		TAI CHI CLIMB 6:50-7:30 pm (RW)			
	New Year HIIT ** (GM) Rich		New Year HIIT ** (GM) Rich			**Fee-based. Registration required.
7:30 PM	ZUMBA (GF) Ana					Saturday, February 10 3:00 pm: Intro to Cycle Get a proper Bike Fit and a light 30-min intro ride.



HAWTHORN FARM
Athletic Club & Spa



hawthornfarmac

CLASS DESCRIPTIONS

Aqua: Work your whole body with the natural resistance and buoyancy of water. This no-impact class promotes healthy joints and productive range of motion. Options for Shallow or Deep water, and use of foam dumb bells, noodles and kickboards. Great for all fitness levels!

Aqua Tots: The focus of this class is gaining comfort in the water through playtime with water toys, singing songs, learning starfish floats with assistance, kicking, and sit dives from the wall. Adult must accompany their child in the water. Member only – Drop In class.

Athletic Pilates: Increase muscle endurance and control with this athletic-based full body workout. This challenging class combines the principles of Pilates with resistance training and dynamic movements to target core muscles and improve total body strength.

Barre: This low-impact workout blends ballet, yoga and Pilates to provide a full-body sculpting class. Find length and strength throughout your whole body while developing stronger posture, more stable joints and a functional core.

Barre Basics: This class introduces the foundation and posture used in Barre class. Ideal for newcomers, active mature adults, pre/post-natal women, and those recovering from injury. Yoga socks, ballet shoes or dance sneakers welcome.

Barre Burn: Light weights, Pilates balls and Pilates rings are added to Barre for increased resistance training and continual fat burning.

Basic Circuit: Work through different exercise stations in the Gymnasium. A great start for beginners and active mature adults.

BODYATTACK™ is a high-energy fitness class that will build stamina and torch calories with sports-inspired moves. Run, jump, squat and push-up your way to improved agility, increased coordination and a fitter body. Low-impact options available.

BODYCOMBAT™: This martial-arts inspired no-contact workout trains your entire body while shredding calories. Punch and kick your way to a fitter body while relieving stress, improving coordination and training like a champ. Low-impact options available.

BODYPUMP™ is a barbell workout suitable for every fitness level. Using light to moderate weights, participants perform high repetitions that burn calories, shape and tone the entire body, increase core strength and improve bone health.

Circuit: Challenge yourself with this high-energy workout in the Gymnasium as you move through different exercise stations. All levels welcome.

CXWORX™: This 30-minute class targets Core muscles and improves functional strength. It is an amazing compliment to your fitness regime, as well as all other group exercise classes! Participants will use tubes, weights and mats in a series of standing and mat work.

Cycle: Take a ride on a new Stages™ bike in our updated indoor cycle studio! Indoor cycling is a low-impact workout suitable for all fitness levels that can burn an average of 500 calories per class! Classes are 60 minutes, unless otherwise noted.

Forever Fit: Find your fitness in this Low Impact workout. Get moving to fun music, improve balance and build strength. Suitable for all fitness levels. Ideal for the active adult member and those just getting started.

Hatha Yoga: Hatha Yoga is a gentle introduction to basic yoga postures (asanas) and stretches. All levels welcome.

HIIT: High Intensity Interval Training is a challenging total body workout. Bursts of high intensity are followed by short less intense periods.

INTRO to Cycle: Learn how to properly set up the Stages™ bike to fit your body, then take a light ride to break in your set up. Great for new riders!

Iyengar Yoga: The practice of precision is the focus of this yoga style. Your instructor will bring attention to anatomical details and the alignment of each posture. Poses are held for long periods and often modified with props. This is a 90-minute class.

Kids Yoga: This 45-minute class introduces children to balance, mental focus and stress relief while keeping it all fun. For ages 5 and up.

Mat Pilates: This group class uses precise muscle movement to efficiently align, lengthen and strengthen the whole body. All fitness levels welcome and a great place for beginners.

Pick-Up Basketball: Drop in and play a friendly game of basketball on the main court, which is reserved from 5:30-7:30 pm. For ages 16+.

Pilates Fusion: Improve balance, stability and overall strength in this challenging class that combines elements of Pilates, barre and yoga.

Power Yoga: Break a sweat in this fitness-based vinyasa class. Strength, flexibility and breath are the focus of this practice. All fitness levels welcome. Classes are 60 minutes, unless otherwise noted.

Restorative Yoga: A relaxing yoga class with a limited number of poses to allow release of deeply held tension and restoration of the nervous system. Poses are held for several minutes with props for comfort and to facilitate relaxation and health. All levels welcome.

RPM™: This Les Mills indoor cycle class rides to the rhythm of powerful music. Discover the athlete within you! All fitness levels welcome.

Strength & Balance: Low impact, moderately paced classes that provide different challenges and goals with the use of dumbbells, tubes and fitness balls. Good for active mature members, those recovering from an injury and anyone looking for a place to start!

STRONG by Zumba is a high-energy class that combines body weight, cardio and plyometric moves synced to original music - known as *High Intensity Tempo Training*. No dance moves here... train to the beat, torch calories and crush your goals in this intense class.

Swim Conditioning: This class focuses on form, breath and endurance to build success. Suitable for Beginner to Advanced swimmers.

Tai Chi: Discover the benefits of this ancient form of martial arts! Non-competitive and self-paced, participants slowly flow through gentle movements that improve balance, agility, strength, and coordination. All fitness levels welcome.

Tai Chi Climb: Start in the Yoga/Barre studio to calm your mind and connect with your body, then take it to the Rock Wall for a workout of a climb!

Yin Yoga: Yoga poses are held for a longer duration to allow stretching of the connective tissues of the body, increase circulation in the joints and improve flexibility. This is an all-levels class, appropriate for beginners and those new to yoga.

Yoga Fit Fusion: This union of yoga and fitness will challenge your whole body. Cardio bursts of burpees and jumping jacks, along with strength exercises like squats and dumbbell presses, combine with yoga postures to leave you sweaty & stronger.

Yoga Flow: Get energized and feel rejuvenated in this active class! It blends various yoga styles into a powerful vinyasa, or 'flow', series. Work through breath-synchronized movements for flexibility, strength, muscle tone, and improved posture. All fitness levels welcome.

Zumba: Zumba® is the exhilarating, easy-to-follow, Latin-inspired workout that combines cardio, muscle conditioning, balance and flexibility. Get a boost of energy and a serious dose of awesome each time you leave class! All fitness levels welcome.

Zumba Kids: This 45-minute class is perfect for ages 6-11 with kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

**** FEE BASED PROGRAMS – Inquire and Register at the Front Desk. Space limited.**

****Aqua Therapy:** Injury rehabilitation exercise in water; suitable for those with chronic illness. Water relieves joint pressure to promote healing.

****Equipment Circuit:** Small group Pilates training circuit program that includes the barrel, cadillac, chair, reformer/tower, and the Core Align.

****Pilates Reformer:** Small group Pilates training. Prerequisite. Use the reformer equipment to increase strength, flexibility and endurance.

****Morning GO!** Jumpstart your day and metabolism in this early rise Bootcamp!

****New Year New You HIIT:** Looking for ways to increase your gains and shred calories? You found it! Push your limits in this intense group.