

# GROUP FITNESS SCHEDULE 2017

effective November 1, 2017

No regular classes on Thanksgiving Day - see our special 'Burn The Turkey' workout schedule.  
**POOL CLOSURE November 17 - 26.** All aquatic classes and programs will resume November 27.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	CYCLE (CS) Keith	BODYPUMP (GF) Stephanie	BODYFLOW (GF) Kathleen	BODYPUMP (GF) Stephanie	CYCLE (CS) Keith	8:00 AM  BODYPUMP (GF) Kari
8:00 AM	BASIC CIRCUIT (GF) Nancy		STRENGTH & BALANCE (GF) Nancy		STRENGTH & BALANCE (GF) Nancy	9:00 AM AQUA (IP) Dawn
9:00 AM	AQUA (IP) Lindsay	AQUA (IP) Chelsey	AQUA (IP) Chelsey	AQUA (IP) Chelsey	AQUA (IP) TBD	9:00 AM CYCLE (CS) Kristi
	BARRE (YB) Consuelo / Irina		BARRE BASICS (YB) Consuelo / Kristi		YOGA FLOW (YB) Amy H	9:15 AM YOGA FLOW (YB) Kari
	CYCLE (CS) Kristi	PILATES REFORMER ** (PS) David	CYCLE (CS) Wendy	PILATES REFORMER ** (PS) David	CYCLE (CS) Wendy	10:30 AM BARRE (YB) Consuelo / Samantha
9:15 AM	BODYPUMP (GF) Jodi	BODYATTACK (GF) Allie	BODYPUMP (GF) Jodi		ZUMBA (GF) Anne	11:30 AM  ZUMBA (GF) Tiffany
9:30 AM	Equipment Circuit ** (PS) Sarah		PILATES REFORMER ** (PS) Jennifer		PILATES REFORMER ** (PS) Jennifer	12:35 PM AQUATOTS (IP)
10:15 AM	CXWORX 30min (GF) Wendy		CXWORX 30min (GF) Wendy			
		MAT PILATES (YB) David	HATHA YOGA (YB) Iris	MAT PILATES (YB) David	YIN YOGA (YB) Amy H	
10:45 AM	TAI CHI (GF) Jamie	BALANCE & MOBILITY (GF) Jennifer				<b>SUNDAY</b>
12:00 PM	HIIT (GM) Chelsey		CIRCUIT (GM) Dana		CIRCUIT (GM) Dana	9:00 AM  ZUMBA (GF) Stephanie
	BODYPUMP (GF) Wendy	CYCLE (CS) Kristi	BODYPUMP (GF) Wendy	RPM (CS) Katie	BODYPUMP  CXWORX (GF) Wendy	9:00 AM CYCLE (CS) Keith / Samantha
	MAT PILATES (YB) Jennifer	HATHA YOGA (YB) Amy H	AQUA THERAPY ** (IP) Nancy	YIN YOGA (YB) Chris		10:00 AM  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	PILATES REFORMER ** (PS) Jennifer	ZUMBA (GF) Ana	PILATES REFORMER ** (PS) Jennifer		
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	
6:00 PM	CYCLE (CS) Keith		CYCLE (CS) Samantha			
6:25 PM	BODYCOMBAT (GF) Heather	BODYPUMP (GF) Stephanie	BODYCOMBAT (GF) Heather	BODYPUMP  CXWORX (GF) Allie		
	TAI CHI (CLIMB) 6:20-6:50pm (YB) Keith M.		TAI CHI (CLIMB) 6:20-6:50pm (YB) Keith M.			
7:00 PM	HATHA YOGA (YB) Alex	ATHLETIC PILATES (YB) Jennifer	RESTORE YOGA (YB) Jamie	ATHLETIC PILATES (YB) Jennifer		
	* TAI CHI CLIMB 6:50-7:30pm (RW) Keith M.		* TAI CHI CLIMB 6:50-7:30pm (RW) Keith M.			



HAWTHORN FARM  
Athletic Club & Spa



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**CLASS LOCATIONS**  
 2nd Floor  
 CS: Cycling Studio  
 GF: Group Fitness Studio  
 YB: Yoga/Barre Studio  
 1st Floor  
 GM: Gymnasium  
 IP: Indoor Pool

\* Reservations recommended.  
 \*\* Fee-based.  
 Requires enrollment.  
 Add'l times may be available.

Contact Erna Waller for more info:  
 ernaw@hfac.com

## CLASS DESCRIPTIONS

**Aqua:** A fun non-impact workout for all levels. Use water resistance to build strength and reduce body fat while promoting flexibility and improving circulation.

**Aquatots:** The focus of this class will be 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.

**Aqua Therapy:** Aqua therapy is performed in the water, aiming to rehabilitate after injury or those with chronic illness. It uses the resistance of water instead of weights, taking excess pressure off joints for better outcomes. Aqua Therapy strengthens the body to prevent injury and increases healing and strengthening of injured tissue.

**Athletic Pilates:** Take your Pilates to a new level with this athletic-based full body workout. This challenging class uses various Pilates props to add resistance-training and targeting to strengthen core stability and improve mobility/flexibility.

**Balance & Mobility:** This Low-impact workout is designed for active mature adults, deconditioned individuals, and anyone interested in improving their balance! Dynamic movements paired with strength exercises help to improve balance and focus for increased confidence and functional mobility.

**Balance & Strength:** Low impact, moderately paced classes. Ideal for deconditioned individuals and active mature adults.

**Barre:** Workouts inspired by the beauty, strength, balance, flexibility and muscle tone of Ballet Barre. Combined with the body placement, form, posture and breathing principles of Pilates and Yoga. Enhanced mindfulness and development of control full benefits of this low impact workout.

**Barre Basics:** For those starting a fitness routine, active mature adults, and special populations like pregnant women, new moms, and those rebounding from injury. Yoga socks, ballet shoes or dance sneakers recommended

**Barre Burn:** Blend the sculpting exercises of Barre that lengthen and strengthen muscles with energetic, no impact cardio for continual fat burning. Light weights, Pilates balls and ring are incorporated for added resistance training, as well as yoga poses to support posture and elongation.

**BODYATTACK:** Experience Les Mills high-energy sports training moves, cardio fitness and upper & lower body conditioning exercises that will leave you feeling empowered & energized! All fitness levels are welcomed.

**BODYCOMBAT:** A cardio workout by Les Mills, inspired by martial arts. Using karate, boxing, taekwondo, tai chi, and muay thai. Choreographed to energizing music, Body Combat will help you scorch calories and leave feeling ready to take on the world!

**BODYFLOW:** Les Mills blends the teachings of Yoga, Pilates, and Tai Chi in a class that will improve your posture, flexibility and core strength. Each workout aims to create harmony and relaxation while utterly transforming your body.

**BODYPUMP:** A full body strength workout by Les Mills that focuses on using low weight loads and high repetition movements. You'll burn fat, gain strength, and quickly produce lean body muscle.

**Circuit:** A high challenge, invigorating workout. Move through stations designed to elevate your heart rate and challenge your muscles. incorporates body weight exercises, weights, bars, stability balls, treadmills, and more. Tailored for all fitness levels.

**CXWORX:** A revolutionary, 30-minute, core training program that will inspire you to the next level of fitness. Strengthen and tone your body by combining the best of personal training with the energy of a group fitness class.

**Cycle:** Take a ride with us in our indoor cycle studio. Together we will climb hills to build strength and endurance, and sprint to ensure a great cardiovascular workout.

**Equipment Pilates Circuit:** Small group training, fee-based class. This class utilizes all Pilates equipment that includes the barrel, cadillac, chair, reformer/tower, and mat; and the Core Align for increased access to weight-bearing, functional movement. Clients will be instructed through a circuit-type program to improve stability and mobility, strength and flexibility, and balance and endurance.

**Hatha Yoga:** Hatha Yoga uses postures (asanas) and stretches in combination with the breath to develop flexibility and relaxation. The asanas encourage proper alignment of the body and bring balance, strength, and calmness to the practitioner.

**HIIT:** High Intensity Interval Training. This hot NEW format provides a total body workout with burst of anaerobic activity combined with short rest periods in between. The best of cardio and body toning all in one!

**Kids Yoga:** This 45-minute class engages kids in physical activity and mental focus while keeping it all fun. For ages 5 and up.

**Mat Pilates:** These classes take place in a group setting using your body weight as the primary source of resistance. Focus is placed on precise movements originating from the center or core of your body.

**Pilates Reformer:** Small group training, fee based class. Prerequisite. This class uses the reformer equipment to focus on tone and lengthening muscles while increasing strength, flexibility and endurance. For more information, stop by the Pilates studio!

**Restorative Yoga:** A relaxing yoga class with a limited number of poses allowing the body to release tension. Poses are typically held for several minutes with the use of props to support the body.

**RPM:** This Les Mills indoor cycle class is inspirational, interval training with varied terrain. Increase both cardio and muscular endurance while toning and shaping to an energetic soundtrack. An invigorating class for all levels.

**Tai Chi:** Reduce stress, improve balance & coordination in this Chinese martial art. Involves shifting body weight in series of slow, graceful movements.

**Yin Yoga:** Yoga poses are held for a longer duration to allow stretching of the connective tissues of the body. This technique-rooted class focuses on flexibility and targets the hips, spine, and legs.

**Yoga Flow:** Energetic and rejuvenating! Incorporates elements from the various styles of yoga into a powerful vinyasa, or 'flow', series. Work through breath-synchronized movements for flexibility, strength, muscle tone, and improved posture. Appropriate for students of all levels.

**Zumba:** Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.