

GROUP EXERCISE MENU

*as of September 8th, 2014



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:45 am (55 min)	Zumba Step Jeffrey (2)	5:45 am (50 min)	Spin Lisa (S)	5:45 am (45 min)	Lift It Heidi (2)	5:45 am (50 min)	Spin Kim (S)	7:45 am (55 min)	Zumba Toning Jeffrey (2)	7:00 am (50 min)	Spin Heidi (S)	8:30 am (55 min)	Lift It Jane (2)
8:45 am (50 min)	Spin Kim (S)	8:30 am (55 min)	Mat Pilates Keri (3)	7:45 am (55 min)	Zumba Jeffrey (2)	8:30 am (55 min)	Mat Pilates Keri (3)	8:45 am (50 min)	Spin Ann (S)	8:00 am (55 min)	Vinyasa Yoga Jeffrey (3)	8:30 am (50 min)	Revolution Heidi (S)
9:00 am (55 min)	Zumba Toning Jeffrey (2)	9:00 am (30 min)	Lift It Jane (2)	8:45 am (50 min)	Spin Ann (S)	9:30 am (55 min)	Tabata B'Camp Danielle (2)	9:00 am (30 min)	Zumba Express Jane (2)	8:30 am (55 min)	H.I.I.T Kathy (2)	9:00 am (55 min)	Vinyasa Yoga Paula (3)
10:00 am (55 min)	Vinyasa Yoga Melissa (3)	9:30 am (30 min)	Barre Assets Jane (2)	9:30 am (55 min)	H.I.I.T Donna (2)	12:15 pm (45 min)	Boot Camp Kristin (2)	9:30 am (30 min)	Barre Assets Jane (2)	9:30 am (55 min)	Kickboxing Kathy (2)	9:30 am (55 min)	Zumba Jane (2)
12:00 pm (30 min)	Spin Donna/Ann (S)	10:00 am (50 min)	Spin Kim (S)	10:00 am (55 min)	Vinyasa Yoga Deanna (3)	5:00 pm (55 min)	H.I.I.T Jason A (2)	10:00 am (45 min)	Lift It Heidi (2)	9:30 am (50 min)	Spin Jane(S)		
12:30 pm (30 min)	Below the Belt Donna/Ann (2)	12:15 pm (45 min)	Boot Camp Donna (2)	12:00 pm (30 min)	Revolution Donna (S)	6:00 pm (55 min)	Lift It Heidi (2)	5:15 pm (45 min)	Tabata B'Camp Danielle/Jeff (2)	10:00 am (55 min)	Hatha Yoga Francine (3)		
5:00 pm (55 min)	Cardio + PIYO Jeffrey (2)	5:00 pm (55 min)	H.I.I.T Jason A (2)	12:30 pm (30 min)	Strength +PIYO Donna (2)	7:00 pm (55 min)	Zumba Crystal (2)						
5:30 pm (50 min)	Revolution Naomi (S)	5:30 pm (55 min)	Mat Pilates Heidi (3)	5:00 pm (45 min)	Cardio Core Holly (2)	7:00 pm (55 min)	Vinyasa Yoga Paula (3)						
6:00 pm (45 min)	Xtrain Danielle(2)	6:00 pm (55 min)	Lift It Kathy (2)	5:30 pm (50 min)	Revolution Naomi (S)	7:00 pm (30 min)	Spin Heidi (S)						
7:00 pm (55 min)	Zumba Jeffrey (2)	6:30 pm (55 min)	Hatha Yoga Francine (3)	6:00 pm (55 min)	Tabata B'Camp Jeffrey (2)								
7:00 pm (55 min)	Vinyasa Yoga Carol (3)	6:30 pm (30 min)	Spin Heidi (S)	7:00 pm (55 min)	Zumba Step Farrah (2)								
		7:00 pm (55 min)	Kickboxing Kathy (2)	7:00 pm (55 min)	Yogalates Jeffrey (3)								
		7:30 pm (45 min)	Intro Meditation Jeffrey (3)										

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NEW TRIAL SERIES

6 Week Trial, Cardio + PIYO with Jeffrey Barre Assets with Jane, 6 Week Session
 ...Mondays at 5:00 p.m. ...Tuesdays at 9:30 a.m.

COMING SOON...

Step N' Sculpt with Kathy, begins October 5th Sundays at 10:30 a.m.

Legend (2) - Studio 2 | (3) - Studio 3 | (S) - Spin Room
 * - New Class & Time * - New Trial Series!

CARDIO/STRENGTH

Barre Assets

A ballet inspired workout. Build balance, strength and poise. This class fuses ballet, pilates and strength to create long/lean posture and flexibility.

Below The Belt

Hello legs and glutes! This class will consist of lower body exercises, abdominals & conditioning drills! Great quick blast.

Boot Camp

This challenging workout includes strength, cardio speed drills, core and functional movement patterns.

Cardio PIYO

30 minutes of cardio and interval training followed by 30 minutes of core conditioning with a combination of pilates and yoga. This unique class is designed to build strength and flexibility.

Cardio Blast

This workout may include a combination of the following: Step Training, Hi-Lo Aerobics, Kettlebells, Sports Training, Speed Drills and Toning.

Cardio Core

Not your average AB class....This is for those who want to take their midsection to the next level. CORE MAX is a combination of high impact conditioning drills with intense stabilization and power. Works arms, glutes and legs as well!

H.I.I.T.

High-Intensity-Interval Training = RESULTS!! This is a dynamic workout that combines the best high intensity cardio and strength training. Cardio drills, plyometric training, Tabata intervals and weight training....BRING IT ON!

Kickboxing

This empowering cardio workout is inspired by martial arts moves from a wide range of disciplines. The instructors will get you to punch, strike and kick your way to a heart pounding 60 minute workout!

Class Descriptions

Revolution

Designed to help you increase your fat burning potential and athletic performance. Built around 4 minute intervals of speed or resistance, you are sure to burn more calories, lose more fat, and improve overall cardio fitness. Weights or bands may be used to maximize work load expenditure.

Lift It

This strength training workout challenges all major muscle groups by using barbell equipment - from exercises like squats, presses, lifts and curls. Strengthen your entire body - Lift It!

Spin

Spinning is an indoor group cycling cardio class. It is a sport specific, individually paced ride that is designed to promote health and well-being. It is important to bring water and go at your own pace. All levels 30-60 minutes.

Strength PIYO

30 minutes of weight training mixed with core conditioning and a combination of pilates and yoga.

Step N Sculpt

This step class format includes a mix of Step, drills and resistance intervals. The overall class objective is to improve cardiovascular endurance, burn fat and cross functionally condition the body.

Tabata Bootcamp

Join this HIIT for deep cardio & muscle conditioning. Work in 4 minute intervals for a fast paced Bootcamp to build strength and endurance (Beginner, intermediate and advanced options always available!)

X Train

This high intensity interval workout will keep you coming back for more. Focuses on muscle confusion to avoid routine. Drills, tabata, circuit and strength training.

**Classes are subject to be cancelled due to low attendance.*

MIND BODY

Intro to Meditation

Welcome to your guided meditation class. There is no right way or wrong way, just come and see for yourself. Each week we will guide you to a place of peace, comfort and self-relaxation allowing you to escape and just "be".

Hatha Yoga

Classes are slower paced and emphasis is placed on doing each asana (postures) correctly. Yoga breathing is explained. Your flexibility and knowledge of yoga will increase and your stress levels will start to decrease.

Mat Pilates

This innovative system of mind-body exercises builds strength without bulk, creating a sleek, toned body. It teaches body awareness, good posture, and easy graceful movement. All levels 30-60 minutes

Power Yoga

Focus on the athleticism, fitness and stretching of yoga. A unique blend of power yoga and core training help to build balance, agility and gain strength.

Synergy Yoga

Synergy yoga teaches you how to use asana to increase self-awareness: physically, mentally, emotionally and spiritually. Consciousness is necessary for personal growth and transformation. Synergy Yoga is both challenging and gentle; fun and intentional!

Vinyasa Yoga

Vinyasa Yoga is the uniting of breath and movement into one vigorous, flowing, asana (postures) practice. In this class, meditation, mantras and emphasis on alignment are interwoven to create a complete yoga experience. Students are encouraged to take a few Hatha Classes first or have a basic understanding of yoga.

Yogalates

A blend of classical Mat Pilates and Hatha Yoga asanas (postures) to help stimulate and engage the core, lengthen the muscles and create a toned body and calm mind.