

GROUP EXERCISE MENU

*as of June 24, 2014



horshamathleticclub

MONDAY

| | |
|----------------------|---------------------------------|
| 7:45 am (55 min) | Zumba Jeffrey (2) |
| 8:45 am (50 min) | Spin TBA (S) |
| 9:00 am (55 min) | Barre Assets Jenn (2) |
| 10:00 am (30 min) | Cardio Blast Jenn (2) |
| 10:00 am (55 min) | Vinyasa Yoga Deanna (3) |
| 12:00 pm (30 min) | Spin Donna/Ann (S) |
| 12:30 pm (30 min) | Below the Belt Donna/Ann (2) |
| 5:00 pm (55 min) | 20/20/20 Jeffrey (2) |
| 5:30 pm (50 min) | Spin Naomi (S) |
| 6:00 pm (45 min) | B45S Brian (2) |
| 7:00 pm (55 min) | Zumba Jeffrey (2) |
| 7:00 pm (55 min) | Vinyasa Yoga Carol (3) |

TUESDAY

| | |
|----------------------|---------------------------------|
| 5:45 am (50 min) | Spin Lisa (S) |
| 9:00 am (55 min) | Lift It Jane (2) |
| 9:00 am (55 min) | Mat Pilates Keri (3) |
| 10:00 am (50 min) | Spin Naomi (S) |
| 12:15 pm (45 min) | Boot Camp Donna (2) |
| 5:00 pm (55 min) | H.I.I.T Jason A (2) |
| 5:30 pm (55 min) | Mat Pilates Heidi (3) |
| 6:00 pm (55 min) | Lift It Kathy (2) |
| 6:30 pm (55 min) | Hatha Yoga Francine (3) |
| 6:30 pm (50 min) | Spin Heidi B (S) |
| 7:00 pm (55 min) | Kickboxing Kathy (2) |
| 7:30 pm (45 min) | Intro Meditation Jeffrey (3) |

WEDNESDAY

| | |
|----------------------|------------------------------|
| 5:45 am (45 min) | Lift It Heidi (2) |
| 7:45 am (55 min) | Zumba Jeffrey (2) |
| 8:45 am (50 min) | Spin Ann (S) |
| 9:30 am (55 min) | H.I.I.T Donna (2) |
| 10:00 am (55 min) | Vinyasa Yoga Deanna (3) |
| 12:00 pm (30 min) | Spin Donna (S) |
| 12:30 pm (30 min) | Cardio Core Donna (2) |
| 5:00 pm (45 min) | Cardio Core Holly (2) |
| 5:30 pm (50 min) | Spin Naomi (S) |
| 6:00 pm (55 min) | Tabata B'Camp Jeffrey (2) |
| 7:00 pm (55 min) | Zumba TBA (2) |
| 7:00 pm (55 min) | Yogalates Jeffrey (3) |

THURSDAY

| | |
|----------------------|-------------------------------|
| 5:45 am (50 min) | Spin Claudia (S) |
| 9:00 am (55 min) | Yogalates Melissa (3) |
| 9:30 am (55 min) | Tabata B'Camp Danielle (2) |
| 12:15 pm (45 min) | Bootcamp Kristin (2) |
| 5:00 pm (55 min) | H.I.I.T Jason A (2) |
| 6:00 pm (55 min) | Lift It Heidi (2) |
| 7:00 pm (55 min) | Zumba Crystal (2) |
| 6:00 pm (55 min) | Vinyasa Yoga Paula (3) |
| 7:00 pm (30 min) | Spin Heidi (S) |

FRIDAY

| | |
|----------------------|-----------------------------|
| 7:45 am (55 min) | Zumba Toning Jeffrey (2) |
| 8:45 am (50 min) | Spin Ann (S) |
| 9:00 am (30 min) | Zumba Express Jane (2) |
| 9:30 am (30 min) | Barre Assets Jane (2) |
| 10:00 am (45 min) | Lift It Heidi (2) |

SATURDAY

| | |
|----------------------|-----------------------------|
| 7:00 am (50 min) | Spin Heidi (S) |
| 8:00 am (55 min) | Vinyasa Yoga Jeffrey (3) |
| 8:30 am (55 min) | H.I.I.T Kathy (2) |
| 9:30 am (55 min) | Kickboxing Kathy (2) |
| 9:30 am (50 min) | Spin Donna/Jane (S) |
| 10:00 am (55 min) | Hatha Yoga Francine (3) |

SUNDAY

| | |
|---------------------|---------------------------|
| 8:30 am (55 min) | Lift It Jane (2) |
| 8:30 am (50 min) | H.I.I.T Spin Heidi (S) |
| 9:00 am (55 min) | Vinyasa Yoga Paula (3) |
| 9:30 am (55 min) | Zumba Jane (2) |

NEW AT THE HAC!

Cardio Core with Holly

Begins July 2nd - Wednesdays at 5 pm.

A great new evening cardio and strength experience!

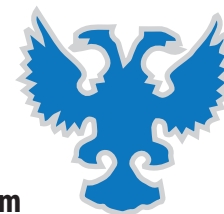
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Legend

(2) - Studio 2 | (3) - Studio 3 | (S) - Spin Room

* - New Class!