

GROUP EXERCISE MENU

**as of January 4th, 2015*



MONDAY

7:45 am (55 min)	Zumba Jeffrey (2)
8:45 am (50 min)	Spin Kim (S)
9:00 am (55 min)	Zumba Toning Jeffrey (2)
10:00 am (55 min)	Vinyasa Yoga Melissa (3)
12:00 pm (30 min)	Spin Donna/Claudia (S)
12:30 pm (30 min)	Below the Belt Donna/Claudia (2)
5:00 pm (55 min)	20/20/20 Jeffrey (2)
5:30 pm (50 min)	Revolution Spin Naomi (S)
6:00 pm (45 min)	Xtrain Danielle(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)
8:30 am (55 min)	Mat Pilates Keri (3)
9:00 am (55 min)	Lift It Jane (2)
10:00 am (50 min)	Spin Kim (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 (30 min)	Spin Heidi (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 Paula (3)
12:00 pm (30 min)	Revolution Spin Donna (S)
12:30 pm (30 min)	Strength +PIYO Donna (2)
5:00 pm (45 min)	Cardio Core Holly (2)
5:30 pm (50 min)	Revolution Spin Naomi (S)
6:00 pm (55 min)	Tabata B'Camp Jeffrey (2)
7:00 pm (55 min)	Zumba Step Farrah (2)
7:00 pm (55 min)	Yogalates Jeffrey (3)

THURSDAY

5:45 am (50 min)	Spin Kim (S)
8:30 am (55 min)	Mat Pilates Keri (3)
9:30 am (55 min)	Tabata B'Camp Danielle (2)
12:15 pm (45 min)	Boot Camp 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 Johanna (2)
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 & Kim (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)
5:15 pm (45 min)	Zumba TBA (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 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)	Revolution Spin Heidi (S)
9:00 am (55 min)	Vinyasa Yoga Paula (3)
9:30 am (55 min)	Zumba Jane (2)



Weight Loss & Aesthetic Medicine

Body contouring, skin tightening, laser hair removal & more!

All HAC members receive **10% OFF** services - Walk In or Call (267) 388-0300

NEW TRIAL SERIES

Beginning January 4th - Sundays: 10:30am Step N' Sculpt w/ Kathy (8 weeks)

Beginning January 15th - Thursdays: 7:00pm Barre Assets w/ Jane (6 weeks)

Beginning February 2nd - Mondays: 5:45am Lift-It w/ Heidi (6 weeks)

Dynamic Soccer Training

215-350-0338

jason@horshamathletic.com



Legend

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

■ - New Class & Time

www.horshamathletic.com | 400 Horsham Road, Horsham PA | 215-675-4535

Class Descriptions

20 / 20 / 20

A classic format remixed... each week you will experience a 20 minute cardio section, followed by 20 minutes of weight lifting and 20 minutes of mat work including glutes, legs and core. 1 hour. Every body part. It's just that simple!

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 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!

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!

Revolution Spin

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.

Strenth 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.

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.