

GROUP EXERCISE MENU

*as of March 9th, 2015



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|----------------------|--|----------------------|---------------------------------|----------------------|---------------------------------|----------------------|-------------------------------|----------------------|-----------------------------|----------------------|-----------------------------|---------------------|---------------------------------|
| 7:45 am (55 min) | Zumba 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) | Barre / Pilates Keri (3) | 8:45 am (50 min) | Spin Ann & Kim (S) | 8:00 am (55 min) | Vinyasa Yoga Jeffrey (3) | 8:30 am (50 min) | Revolution Spin Heidi (S) |
| 9:00 am (55 min) | Zumba Toning Jeffrey (2) | 9:00 am (55 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) | 10:00 am (50 min) | Spin Kim (S) | 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/Claudia (S) | 12:15 pm (45 min) | Boot Camp Donna (2) | 10:00 am (55 min) | Vinyasa Yoga Paula (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/Claudia (2) | 5:00 pm (55 min) | H.I.I.T Jason A (2) | 12:00 pm (30 min) | Revolution Spin Donna (S) | 6:00 pm (55 min) | Lift It Heidi (2) | 5:15 pm (45 min) | Zumba TBA (2) | 10:00 am (55 min) | Hatha Yoga Francine (3) | | |
| 5:00 pm (55 min) | 20/20/20 Jeffrey (2) | 5:30 pm (55 min) | Mat Pilates Heidi (3) | 12:30 pm (30 min) | Strength +PIYO Donna (2) | 6:00 pm (55 min) | Barre Assets Keri (3) | | | | | | |
| 5:30 pm (50 min) | Revolution Spin Kelle (S) | 6:00 pm (55 min) | Lift It Kathy (2) | 5:00 pm (45 min) | Cardio Core Rebecca (2) | 7:00 pm (55 min) | Zumba Johanna (2) | | | | | | |
| 6:00 pm (45 min) | Xtrain Danielle(2) | 6:30 pm (55 min) | Hatha Yoga Francine (3) | 5:30 pm (50 min) | Revolution Spin Kelle (S) | 7:00 pm (30 min) | Spin Heidi (S) | | | | | | |
| 7:00 pm (55 min) | Zumba Jeffrey (2) | 6:30 pm (30 min) | Spin Heidi (S) | 6:00 pm (55 min) | Tabata B'Camp Jeffrey (2) | | | | | | | | |
| 7:00 pm (55 min) | Vinyasa Yoga Carol (3) | 7:00 pm (55 min) | Kickboxing Kathy (2) | 7:00 pm (55 min) | Zumba Step Farrah (2) | | | | | | | | |
| | | 7:30 pm (45 min) | Intro Meditation Jeffrey (3) | 7:00 pm (55 min) | Yogalates Jeffrey (3) | | | | | | | | |

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NEW TRIAL SERIES

Beginning **MARCH 21st** - Saturdays: 11:30am Yoga Series (4 weeks)

Beginning **MARCH 24th** - Tuesdays: 7:00am Spin Revolution w/ Donna(6 weeks)

Beginning **APRIL 6th** - Mondays: 5:45am Lift-It w/ Heidi (6 weeks)

Beginning **APRIL 12th** - Sundays: 10:30am Step N' Sculpt w/ Kathy (8 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

MIND BODY

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.

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.*

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.