

GROUP EXERCISE MENU

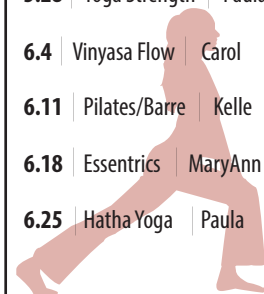
*as of April 4th, 2016



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:45 am (55 min)	Zumba Laura (2)	5:30 am (30 min)	Spin Express Heidi (S)	5:45 am (45 min)	Lift It Heidi (2)	5:30 am (30 min)	Spin Express Kim (S)	7:45 am (55 min)	Zumba Michelle (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)	6:00 am (30 min)	Cardio Core Heidi (3)	7:45 am (55 min)	Zumba Farrah (2)	6:00 am (30 min)	Strength Kim (3)	8:45 am (50 min)	Spin Heidi (S) <i>*Heart Rate Training</i>	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 Laura (2)	8:30 am (55 min)	Barre / Pilates Kelle (3)	8:45 am (50 min)	Spin Revolution Kim (S)	8:30 am (55 min)	Barre / Pilates Kelle (3)	9:00 am (55 min)	Barre Assets 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)	9:00 am (55 min)	Lift It Jane (2)	9:30 am (30 min)	H.I.I.T Donna (2)	9:30 am (55 min)	Tabata B'Camp Kelle (2)	10:00 am (45 min)	Lift It Heidi (2)	9:30 am (55 min)	Kickboxing Kathy (2)	9:30 am (55 min)	Zumba Jane (2)
12:00 pm (45 min)	Strength + PIYO Donna/Claudia (2)	9:30 am (30 min)	Spin Express Kelle (S)	10:00 am (55 min)	Vinyasa Yoga Paula (3)	12:15 pm (45 min)	Boot Camp Kristin (2)	5:30 pm (45 min)	Insanity Jillian (2)	9:30 am (55 min)	Spin Jane (S) <i>*Heart Rate Training</i>	12 Week MindBody Series 4/9 - 6/25 Saturdays at 10am Studio 3	
5:00 pm (55 min)	Lift It Kathy (2)	12:15 pm (45 min)	Boot Camp Donna (2)	10:00 am (45 min)	Bands, Balance & Barre Donna (2)	5:00 pm (55 min)	H.I.I.T Jason A (2)	10:00 am (55 min)	MindBody 12 Wk Series <i>*See table on right</i>				
5:30 pm (50 min)	Revolution Spin Kelle (S)	5:00 pm (55 min)	H.I.I.T Jason A (2)	12:00 pm (50 min)	Revolution Spin Donna (S)	6:00 pm (55 min)	Lift It Heidi (2)	 RELAX.FOCUS.ACHIEVE DYNAMIC SOCCER TRAINING 215-350-0338 Jason@horshamathletic.com		4.9	Vinyasa Flow	Carol	
6:00 pm (55 min)	Cardio Blast Kathy (2)	5:30 pm (55 min)	Mat Pilates Heidi (3)	5:00 pm (55 min)	20/20/20 Amanda (2)	6:00 pm (55 min)	Cardio Core Melinda (3)			4.16	Yogalates	Kelle	
7:00 pm (55 min)	Zumba Jeffrey (2)	6:00 pm (55 min)	Step N' Sculpt Kathy (2)	5:30 pm (50 min)	Revolution Spin Kelle (S)	7:00 pm (55 min)	Zumba Kathie (2)			4.23	Essentrics	Maryann	
7:00 pm (55 min)	Vinyasa Yoga Carol (3)	6:30 pm (55 min)	Hatha Yoga Francine (3)	6:00 pm (55 min)	Tabata B'Camp Jeffrey (2)	7:00 pm (30 min)	Spin Melinda (S)			4.30	Yoga Rocks	Paula	
Legend (2) - Studio 2 (3) - Studio 3 (S) - Spin Studio  - New Class or Time		6:30 pm (30 min)	Spin Heidi (S)	7:00 pm (55 min)	Zumba Step Farrah (2)	<i>*All classes are subject to cancellation due to low attendance</i>				4.9	Vinyasa Flow	Carol	
		7:00 pm (30 min)	Kickboxing Kathy (2)	7:00 pm (55 min)	Anusara Yoga Noelle (3)					5.21	Essentrics	Maryann	
		7:30 pm (30 min)	Box It Kathy (2)			4.30	Hatha Yoga	Kelle					
		7:30 pm (45 min)	Yin Yoga Francine (3)			5.7	Vinyasa Flow	Carol					

NEW SERIES & SPECIAL CLASSES!

Starting 4/17 | 6 Week Series | Step N Sculpt with Kathy | Sundays at 10:30am
 Starting 4/9 | 12 Week Series | Mind Body Series | Saturdays at 10:00am
Saturday, April 9 - MYZONE Spin MEP Challenge with Donna, Jane & Heidi! Earn the most MEPS in a 75 Minute ride to win a free PT Session! \$5 Bike Reservation Fee
Thursday, May 5 - Cinco De Mayo Zumba with Farrah, Jeffrey, Kathie & Laura!



Class Descriptions

MIND BODY

20 / 20 / 20

A classic format remixed... 20 minutes of cardio, 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!

Bands, Balance & Barre

This class will challenge your total body strength, balance, and posture. Using fluid movements and strength toning will help realign the spine, hips, legs and core in a 30 minute workout!

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.

Boot Camp

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

Box It

A bag class with intervals of boxing drills, bag work and core work. Gloves are required!

Cardio Strength / Blast

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

Cardio Core

This class will work your midsection to the max! Merges strength and flexibility moves, resulting in defined abs, sculpted legs and glutes.

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!

Insanity

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.

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 30 or 60 minute workout!

Lift It / Express

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 with this 30 or 60 minute workout!

Revolution Spin

Designed to help increase your fat burning potential and athletic performance. Built around 4 minute intervals of speed or resistance. You will burn more calories, shed more fat, and improve stamina. Weights or bands may be used to maximize work load expenditure.

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.

***Heart Rate Training** designed to incorporate MYZONE technology to track and build cardiovascular strength

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.

Strength / Strength + PIYO

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

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!)

Zumba

Fusion of Latin and International dance themes that create a dynamic, exciting and effective fitness party environment. Routines feature aerobic interval training with a combination of fast and slow rhythms.

Zumba Step / Toning

Combines the toning and strengthening power of Step Aerobics with the fun fitness-party that Zumba brings. This class will increase cardio, burn calories, and use moves that will sculpt your core and legs!

Anusara Yoga

Aims to establish a positive mind-body connection which can help to reduce stress. Anusara is similar to a Vinyasa style practice with a heavy focus on five major alignment principles, such as: opening to grace (having an open mind), muscular energy (drawing from periphery to a central focal point), inner spiral (an expanding energy spiral), outer spiral (a contracting energy spiral) and organic energy (comes from the focal point to the periphery).

Essentrics

Yoga meets tai chi meets graceful dance movements. A fun full-body workout that's easy to follow yet challenging for every age and fitness level.

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.

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.

Yin Yoga

Yin Yoga is a passive style of yoga that focuses on the down-regulation of the nervous system. Yin Yoga favors a sense of opening and softening in the body, over creating muscular strength or endurance. There are less poses in a Yin Yoga class, and poses are held for a longer period of time.

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.