





HACZONE

Small Group Training Menu


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Synergy CS 6:30 - 7:15am  Jewel	P90X Remix 6:25 - 7:10am Jewel (Studio 2)	Synergy CS 6:30 - 7:15am Jewel	TRX Training 12:15 - 1:00pm Donna	P90X Remix 6:25 - 7:10am Jewel (Studio 2)
Kangoo Conditioning 5:15 - 6:00pm Donna (Studio 3)	WOW 10:00 - 10:45am  Christine	Synergy CS 12:15 - 1:00pm Susan	Synergy CS 4:00 - 4:45pm Holly	TRX Training 9:30 - 10:15am Donna
TLA 5:45 - 6:30pm Ollie	Synergy CS 4:00 - 4:45pm Holly	TLA 5:45 - 6:30pm Ollie	Synergy CS 6:30 - 7:15pm Jewel	POWER Synergy CS 12:15 - 1:00pm  Susan
Fit to Fight 6:15 - 7:00pm Holly & Chris (Studio 3)	Synergy CS 5:30 - 6:15pm Holly	KettleCore 6:00 - 6:45pm Jason (Studio 3)	Fit to Fight 7:00pm - 7:45pm Holly & Chris (Studio 3)	SATURDAY Synergy CS 8:15 - 9:00am Susan
		P90X Remix 7:30 - 8:15pm  Holly (Studio 1)	<p><i>*All classes held on the turf, unless stated otherwise</i></p>	Kangoo Conditioning* 9:00 - 9:45 am *Select Saturdays Donna (Studio 3)

TRY 2 FREE!

See a membership associate to schedule your complimentary sessions today!

KEY

Morning Lunch Evening

 = New!



horshamathletic club

400 Horsham Road Horsham, PA 19044
 215-675-4535 www.horshamathletic.com

Class Descriptions

Fit To Fight

Learn the fundamentals of boxing with bag work, plyometrics and bodyweight exercises. This is your chance to step out of your comfort zone, be fearless, and find out what you're made of!

P90X Remix

For the busy adult who needs a full-body training using the most well-known, results driven program in the world. A dynamic full-body strength, cardio, and power workout! Millions have seen amazing results. Now it's your turn.

Train Like an Athlete (TLA)

TLA will teach you proper technique of Olympic lifts, while also incorporating speed, agility and plyometric work to help transform you into the athlete you always knew you could be. Great for members who want to learn how to lift heavier for maximal strength gains.

Kangoo Conditioning

High intensity cardio conditioning class which includes circuit, weight and plyometric drills. Wearing rebound shoes lowers the impact on your joints. Improve coordination, balance and power.

POWER Synergy CS

Quick and extremely effective cardio and functional strength/power circuits that will have you dripping sweat from head-to-toe. This is an amazing workout for weight loss and a great calorie burn!

TRX Training

TRX Suspension training utilizes gravity and your own body weight to develop total-body strength and stability. Ability to increase or decrease the difficulty based on your body's position makes this training program adaptable to all fitness levels. Total body burn guaranteed!

KettleCore

This 45 minute class will get you fast results for strength, endurance, and muscle toning. Kettlebell training will increase your power output, hip strength and mobility, while also providing dynamic core stabilization and countless multi-joint exercises.

Synergy CS

Challenging and intense, using conditioning circuits to build stamina and melt fat. Use of cardio equipment for cardio zone training and various strength tools for total body conditioning. Options for all fitness levels.

Women On Weights (WOW)

WOW is designed for women that are uncomfortable with lifting weights and need more instruction to improve their success rate and comfort level with resistance training.

Questions, Feedback, Suggestions? Contact Jewel Kessler, Fitness Director, at jewel@horshamathletic.com!