

# GROUP EXERCISE MENU

\*as of May 29th, 2017



horshamathleticclub

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 (55 min)	Spin 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)	8:45 am (50 min)	Spin Heidi (S)	8:30 am (55 min)	Barre / Pilates Kelle (3)	8:45 am (50 min)	Spin Kim (S)	8:30 am (55 min)	H.I.I.T Kathy (2)	8:30 am (50 min)	Revolution Spin Heidi (S)
9:00 am (55 min)	Zumba Nataliya (2)	8:30 am (55 min)	Barre / Pilates Kelle (3)	9:30 am (30 min)	H.I.I.T Donna (2)	9:30 am (55 min)	Tabata B'Camp Kelle (2)	9:00 am (55 min)	Barre Assets Jane (2)	9:30 am (55 min)	Kickboxing Kathy (2)	9:00 am (55 min)	Power Yoga Paula (3)
10:00 am (55 min)	Vinyasa Yoga Melissa P (3)	9:00 am (55 min)	Lift It Jane (2)	10:00 am (55 min)	Vinyasa Yoga Paula (3)	12:15 pm (45 min)	Boot Camp Kristin (2)	10:00 am (45 min)	Lift It Heidi (2)	9:30 am (55 min)	Spin Jane (S) <small>*Heart Rate Training</small>	9:30 am (55 min)	Zumba TBA (2)
12:00 pm (45 min)	Strength + PIYO Donna/Claudia (2)	9:30 am (30 min)	Spin Express Kelle (S)	10:00 am (45 min)	Bands, Balance & Barre Donna (2)	5:00 pm (55 min)	H.I.I.T Jason (2)	12:15 pm (45 min)	Power Yoga Ed K (3)	10:00 am (55 min)	Yogalates Kelle/ Melissa Ann(2)		
5:00 pm (55 min)	Lift It Kathy (2)	12:15 pm (45 min)	Boot Camp Donna (2)	12:00 pm (50 min)	Spin Revolution Donna (S)	5:30 pm (55 min)	Mat Pilates Melissa N (3)						
5:30 pm (50 min)	Spin Revolution Kelle (S)	5:00 pm (55 min)	H.I.I.T Jason (2)	5:00 pm (30 min)	Cardio Core Kelle (2)	6:00 pm (55 min)	Lift It Heidi (2)						
6:00 pm (55 min)	Cardio Blast Kathy (2)	5:30 pm (55 min)	Mat Pilates Heidi (3)	5:30 pm (50 min)	Spin Revolution Kelle (S)	7:00 pm (55 min)	Zumba Kathie (2)						
7:00 pm (55 min)	Zumba Michelle (2)	6:00 pm (55 min)	Step N' Sculpt Kathy (2)	6:00 pm (55 min)	Tabata B'Camp Randall (2)	<b>Questions, Feedback, or Suggestions?</b>  Contact Donna Vogel, Group Exercise Director, at <a href="mailto:donna@horshamathletic.com">donna@horshamathletic.com</a> !							
7:05 pm (55 min)	Vinyasa Yoga Carol (3)	6:30 pm (55 min)	Hatha Yoga Teresa/Francine (3)	7:00 pm (55 min)	Zumba Step Farrah (2)								
		6:30 pm (30 min)	Spin Heidi (S)	7:00 pm (55 min)	Anusara Yoga Noelle (3)								
		7:00 pm (30 min)	Kickboxing Kathy (2)										
		7:30 pm (30 min)	Box It Kathy (2)										
		7:30 pm (45 min)	Yin Yoga Teresa/Francine (3)										

## NEW SERIES!

Below the Belt	Tabata Spin	Step + Strength
Mondays at 10:00am   Donna  <i>In need of a quick, efficient workout? This class is for you! 30 minutes of intense lower body training!</i>  <b>4 Week Series</b> 6/5*, 6/12*, 6/19*, 6/26* <small>*New!</small>	Sundays at 8:30am   Heidi  <i>Cardio and strength intervals on and off the bike. Please wear sneakers and get ready to sweat!</i>  <b>First Sunday of the Month</b> 5/7, 6/4, 7/2, 8/6	Sundays at 10:45am Kathy  <i>30 minutes of weight training mixed with core conditioning and a combination of yoga and pilates.</i>  <b>3 Week Series</b> 6/4, 6/11, 6/18

## POWER YOGA TEAM TEACH

**Sunday, June 4th at 10:00am**  
 Paula & Kelle | Studio 3  
 A unique sequence of flowing asana's linked together by breath. Power Yoga is guaranteed to increase strength, cardio-vascular endurance and flexibility.

## SUPER CIRCUIT CHALLENGE

**Sunday, June 25th at 10:45am**  
 Kathy, Randall & Ken | Studio 2  
 Spring into fitness with this 75-minute high intensity circuit challenge, using various modalities of training. No reservation required!

NEW POP-UP CLASSES!

### Legend

- (2) - Studio 2
- (3) - Studio 3
- (S) - Spin Studio
- New Class or Time

# 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.