

GROUP EXERCISE MENU

*as of September 10th, 2017



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | | |
|----------------------|---|----------------------|--------------------------------------|----------------------|--|---|-------------------------------------|----------------------|--|----------------------|--|---------------------|---|--|
| 7:45 am (55 min) | Zumba Michelle (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) | 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 (45 min) | Zumba Christine (2) | 8:30 am (55 min) | Barre / Pilates Kelle (3) | 9:30 am (30 min) | Cardio Blast 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) | Tabata Strength Heidi (2) | 9:30 am (55 min) | Spin Jane (S) <i>*Heart Rate Training</i> | 9:30 am (55 min) | Zumba TBA (2) | |
| 10:00 am (30 min) | Butts + Guts 8 Week Series | 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) | 10:45am (55 min) | Step + Strength 5 Week Series | |
| 12:00 pm (45 min) | Strength + PIYO Donna/Claudia (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) | 5:15 pm (45 min) | Zumba TBA (2) Runs 10/6-12/29 | | | | | |
| 5:00 pm (55 min) | Lift It Kathy (2) | 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) | | | | | | | |
| 5:30 pm (50 min) | Spin Revolution Kelle (S) | 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) | | | | | | | |
| 6:00 pm (55 min) | Cardio Blast Kathy (2) | 6:00 pm (55 min) | Step N' Sculpt Kathy (2) | 6:00 pm (55 min) | Tabata B'Camp Randall (2) | Questions, Feedback, or Suggestions? Contact Donna Vogel, Group Exercise Director, at donna@horshamathletic.com ! | | | | | | | | |
| 7:00 pm (55 min) | Zumba Ryan (2) | 6:30 pm (55 min) | Hatha Yoga Kelle (3) | 7:00 pm (55 min) | Zumba Step Farrah (2) | | | | | | | | | |
| 7:05 pm (55 min) | Vinyasa Yoga Carol (3) | 6:30 pm (50 min) | Spin Lauren(S) | 7:00 pm (55 min) | Anusara Yoga Noelle (3) | Chakra Clearing Workshop WITH SHARON WHITEFAWN Take part in this dynamic transformational yoga experience incorporating Kundalini Energy Yoga, Sound Vibration, Meditation and Reiki. Register at the front desk! | | | | | | | | |
| | | 7:00 pm (30 min) | Kickboxing Kathy (2) | | | | | | | | | | | |
| | | 7:30 pm (30 min) | Box It Kathy (2) | | | | | | | | | | | |
| | | 7:30 pm (45 min) | Restorative Yoga Kelle (3) | | | | | | | | | | | |

FALL SERIES

Tabata Spin with Heidi Sundays at 8:30am | 9/3, 10/1, 11/5, 12/3
 Cardio and strength intervals on and off the bike. Please wear sneakers and get ready to sweat! *Note: Tabata spin held in place of Revolution Spin.

Butts + Guts with Donna Mondays at 10:00am | Runs 9/11 - 10/30
 Intense 30-minute class focusing on lower body and core strengthening.

Step + Strength with Kathy Sundays at 10:45am | Runs 10/1 - 10/29
 Step, drills, and strength training!

POP-UP CLASSES

Super Circuit Challenge | Kathy, Randall, Ken | Sunday 9/24 at 10:45am
 75 minute high-intensity circuit challenge, using various modalities of training.

Power Yoga | Paula + Kelle | Sunday 10/15 at 9:00am
 Flow through a series of postures that will strengthen your core and make you sweat!

| KEY | |
|----------------|-------------------|
| | Morning |
| | Lunch |
| | Evening |
| | Series |
| (2) - Studio 2 | (S) - Spin Studio |
| (3) - Studio 3 | |



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).

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

Power Yoga flows through a series of postures that will strengthen your core and make you sweat. Set to an energizing playlist, this class will detoxify your mind and body, leaving you both relaxed and energized after class!

Restorative Yoga

Restorative Yoga focuses on the centering of your breath and body. Aligning the physical and mental by practicing stillness and gentle movement for extended periods of time.

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.