


HACZONE

Small Group Training Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TLA 5:45 - 6:30pm <i>Mike</i>	P90X Remix 6:25 - 7:10am <i>Mike (Studio 2)</i>	Synergy CS 6:30 - 7:15am <i>Mike</i>	TRX Training 12:15 - 1:00pm <i>Donna</i>	Circuit Strength 6:25 - 7:10am <i>Mike (Studio 2)</i>
Fit to Fight 5:30 - 6:15pm <i>Holly (Studio 3)</i>	WOW 10:00 - 10:45am <i>Christine</i>	Synergy CS 12:00 - 12:45pm <i>Susan</i>	Synergy CS 4:00 - 4:45pm <i>Holly</i>	TRX Training 9:30 - 10:15am <i>Donna</i>
*All classes held on the turf, unless stated otherwise	Synergy CS 4:00 - 4:45pm <i>Holly</i>	TLA 5:45 - 6:30pm <i>Mike</i>	Synergy CS 6:30 - 7:15pm <i>Mike</i>	POWER Synergy CS 12:00 - 12:45pm <i>Susan</i>
KEY Morning Lunch Evening  = New!	Synergy CS 5:30 - 6:15pm <i>Holly</i>	KettleCore 6:00 - 6:45pm <i>Jason (Studio 3)</i>		

SATURDAY

Synergy CS 8:15 - 9:00am <i>Susan</i>
Kangoo Conditioning 9:00 - 9:45 am <i>Donna (Studio 3)</i> Select Saturdays



horshamathletic club
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TRY IT! Enjoy 2 FREE HACZone SGT Sessions with your HAC membership.
 Contact Holly at holly@horshamathletic.com to schedule yours today!

Class Descriptions

Boot Camp

What better way to start your day than with early-morning conditioning?! This boot-camp style class is focused on conditioning and weight loss. It consists of entirely body-weight circuits that can be done anywhere!

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.

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.

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.

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 gauran-

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.

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. **POWER Synergy CS** will incorporate cardio and functional strength/power circuits.

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.