

# GROUP EXERCISE MENU

\*Updated April 7, 2018



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:45 am (55 min)	<b>Zumba</b> Michelle (2)	5:30 am (30 min)	<b>Spin Express</b> Heidi (S)	5:45 am (45 min)	<b>Lift It</b> Heidi (2)	5:30 am (55 min)	<b>Spin</b> Kim (S)	7:45 am (55 min)	<b>Zumba</b> Michelle (2)	7:00 am (50 min)	<b>Spin</b> Heidi (S)	8:30 am (55 min)	<b>Lift It</b> Jane (2)
8:45 am (50 min)	<b>Spin</b> Kim (S)	6:00 am (30 min)	<b>Core</b> Heidi (3)	8:45 am (50 min)	<b>Spin</b> Heidi (S)	8:30 am (55 min)	<b>Barre / Pilates</b> Kelle (3)	8:45 am (50 min)	<b>Spin</b> Kim (S)	8:30 am (55 min)	<b>H.I.I.T</b> Kathy (2)	8:30 am (50 min)	<b>Revolution Spin</b> Heidi (S)
9:30 am (45 min)	<b>Butts + Guts</b> 10 Week Series (2)	8:30 am (55 min)	<b>Barre / Pilates</b> Kelle (3)	9:30 am (30 min)	<b>Cardio Blast</b> Donna (2)	9:30 am (55 min)	<b>Tabata B'Camp</b> Kelle (2)	9:00 am (55 min)	<b>Barre Assets</b> Jane (2)	9:30 am (55 min)	<b>Kickboxing</b> Kathy (2)	9:00 am (55 min)	<b>Power Yoga</b> Paula (3)
10:00 am (55 min)	<b>Vinyasa Yoga</b> Melissa P (3)	9:00 am (55 min)	<b>Lift It</b> Jane (2)	10:00 am (55 min)	<b>Vinyasa Yoga</b> Paula (3)	12:15 pm (45 min)	<b>Boot Camp</b> Kristin (2)	10:00 am (45 min)	<b>Tabata Strength</b> Heidi (2)	9:30 am (55 min)	<b>Spin</b> Jane (S) <small>*Heart Rate Training</small>	9:30 am (55 min)	<b>Zumba</b> TBA (2)
12:00 pm (45 min)	<b>Strength + PIYO</b> Donna/Claudia (2)	9:30 am (30 min)	<b>Spin Express</b> Kelle (S)	10:00 am (45 min)	<b>Bands, Balance &amp; Barre</b> Donna (2)	5:00 pm (55 min)	<b>H.I.I.T</b> Jason (2)	12:15 pm (45 min)	<b>Power Yoga</b> Ed K (3)	10:00 am (55 min)	<b>Yogalates</b> Melissa A (3)		
5:00 pm (55 min)	<b>Lift It</b> Kathy (2)	12:15 pm (45 min)	<b>Boot Camp</b> Donna (2)	12:00 pm (50 min)	<b>Spin Revolution</b> Donna (S)	5:30 pm (55 min)	<b>Yogalates</b> Melissa N (3)	5:15 pm (45 min)	<b>Spin</b> TBA (S) Ends 4/27.				
5:30 pm (50 min)	<b>Spin Revolution</b> Kelle (S)	5:00 pm (55 min)	<b>H.I.I.T</b> Jason (2)	5:00 pm (30 min)	<b>Cardio Core</b> Kelle (2)	6:00 pm (55 min)	<b>Lift It</b> Heidi (2)						
6:00 pm (55 min)	<b>Cardio Blast</b> Kathy (2)	5:30 pm (55 min)	<b>Mat Pilates</b> Heidi (3)	5:30 pm (50 min)	<b>Spin Revolution</b> Kelle (S)	7:00 pm (55 min)	<b>Zumba</b> Kathie (2)						
7:00 pm (55 min)	<b>Zumba</b> Ryan (2)	6:00 pm (55 min)	<b>Step N' Sculpt</b> Kathy (2)	6:00 pm (55 min)	<b>Tabata B'Camp</b> Randall (2)								
7:05 pm (55 min)	<b>Vinyasa Yoga</b> Carol (3)	6:30 pm (75 min)	<b>Hatha Yoga</b> Kelle (3)	6:30 pm (30 min)	<b>Express Pilates</b> 6 Week Series (3)								
		6:30 pm (50 min)	<b>Spin</b> Ann (S)	7:00 pm (55 min)	<b>Zumba Step</b> Farrah (2)								
		7:00 pm (30 min)	<b>Kickboxing</b> Kathy (2)	7:00 pm (55 min)	<b>Anusara Yoga</b> Noelle (3)								
		7:30 pm (30 min)	<b>Box It</b> Kathy (2)										

KEY	
<span style="background-color: #ffffcc; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Morning (2) - Studio 2
<span style="background-color: #ffcccc; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Lunch (3) - Studio 3
<span style="background-color: #c6e0b4; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Evening (S) - Spin Studio
<span style="background-color: #ccccff; border: 1px solid black; display: inline-block; width: 15px; height: 15px;"></span>	Series

**Questions, Feedback, or Suggestions?**  
Contact Donna Vogel, Group Exercise Director, at [donna@horshamathletic.com](mailto:donna@horshamathletic.com)



## SPRING SERIES

- NRG Spin with Heidi (S)** Select Sundays at 8:30am | 3/4, 4/1, 5/6  
40 Minutes on the bike followed by 15 minutes of muscle-building intervals!  
*\*Note: NRG spin held in place of Revolution Spin.*
- Butts + Guts with Donna (2)** Mondays at 9:30am | Continuing Series. Ends 5/21.  
Intense 45-minute class focusing on lower body and core strengthening (2).
- Express Pilates with Kelle (3)** Wednesdays at 6:30pm | 6 Week Series | 4/2-5/9  
30-Minute express pilates for building long, lean muscles!

**FREE POP-UP CLASS!**  
**Yoga Strength** with Ed Kron | **Saturday 4/28/18 at 8:00am**  
Combines yoga, weights, and cardio to increase flexibility, build lean muscle mass, and strengthen your core!  
Members Free, Guests \$10

# Class Descriptions

## MIND BODY

### **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!

### **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!

### **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.