

# Small Group Training Menu

Updated July 30, 2018

Synergy, Kangoo Jump, TRX Training, HAC Remix- OH MY! So many awesome and challenging small group trainings to choose from in our HAC Zone. HAC Zone is our small group training program that takes fun, functional fitness to new heights. We offer some of the best conditioning workouts in the area to help you improve your fitness level. The HAC Zone is personal training in a small group setting to help build member relationships, offer friendly competition and assist participants with proper form execution.

See a Membership Associate to schedule your complimentary session today. All HAC members receive two complimentary sessions as space permits. You must schedule ahead with a membership associate.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Pure Sport</b> 6:30 PM James	<b>HAC Remix</b> 6:30 AM Mike K (2)	<b>Synergy</b> 6:30 AM Mike K	<b>TRX Training</b> 12:15 PM Donna	<b>Circuit Strength</b> 6:30 AM Mike K	<b>Synergy</b> 8:00 AM Susan
	<b>Synergy</b> 4:00 PM Holly	<b>Synergy</b> 12:00 PM Susan	<b>Synergy</b> 4:00 PM Holly	<b>TRX Training</b> 9:30 AM Donna	<b>Kangoo Jump*</b> 9:00 AM Donna (3)
	<b>Synergy</b> 5:30 PM Holly	<b>Kettle Core</b> 6:00 PM Jason	<b>MMA</b> 6:30 PM Mike S	<b>Functional Fitness</b> 12:00 PM Susan	

KEY	
Morning	Lunch
Evening	Series

\*Select Saturdays

All classes are 45 minutes and held on the floor unless stated otherwise.

(2) Studio 2

(3) Studio 3

**TRY IT!** Enjoy 2 *FREE* small group trainings and get in the **HACZone**! Contact [donna@horshamathletic.com](mailto:donna@horshamathletic.com)

**Functional Fitness** – You'll get 45 minutes of efficient, quality functional movements that will enhance not only the “trouble areas” but will also nourish your spine, revitalize your postural muscles and strengthen your core with every movement.

**Kangoo Jump** – High intensity cardio conditioning class which includes circuit, weight, and plyometric drills. Wearing rebound shoes lowers the impact on your joints. Improve balance, coordination, and power in this unique workout!

**Kettle Core**– This 45 minute class will give fast results for strength, endurance and muscle toning from dynamic, total body movements. Training with Kettlebells will increase your power output, hip strength and mobility, while also provide dynamic core stabilization and provide countless multi-joint exercises more than with traditional weights.

**HAC Remix**– Insanely effective and efficient 40 minute workout that will have you perfecting your form, challenging your body with fresh new exercises and increasing your strength while defining every inch of you. This training will take your training to new heights and gives you amazing results!

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

**Synergy** – Challenging and intense 45 minute interval training using conditioning circuits to melt fat, build aerobic capacity, improve anaerobic threshold, and strengthen your core. Options for all levels of fitness. Use of treadmills for cardio zone training and various strength tools for an amazing total body conditioning workout.

**Pure Sport** – Do you want to get stronger, run faster, and jump higher? Of course! Pure Sport will teach you proper technique of Olympic lifts (deadlift, hang grip shrug, hang high pull and hang clean) with the high calorie burning speed, agility and plyometric work (box and reactive jumps) to help transform you into the athlete you always knew you could be. All fitness levels welcome. Great for members who want to learn how to lift heavier for maximal strength gains and lean muscle definition.

**TRX Suspension Training** – By utilizing your own body weight, our TRX program provides greater performance and functionality. Great for all fitness levels and abilities.