

# Group Exercise Menu

December 1 2018



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:45 – 8:40am (55 min)	<b>ZUMBA</b> Michelle (2)	5:30 – 6:25am (55 min)	<b>SPIN</b> Kim (2)	5:45 – 6:30am (45 min)	<b>LIFT IT</b> Diane (2)	5:30 – 6:25am (55 min)	<b>SPIN</b> Deb (S)	7:45 – 8:40am (55 min)	<b>ZUMBA</b> Michelle (2)	7:00 – 7:50am (50 min)	<b>SPIN</b> Heidi (S)	8:30 – 9:25am (55 min)	<b>LIFT IT</b> Jane (2)
8:45 – 9:35am (50 min)	<b>SPIN</b> Kim (S)	8:30 – 9:25am (55 min)	<b>BARRE/ PILATES</b> Kelle (3)	8:45 – 9:35am (50 min)	<b>SPIN</b> Michelle (S)	8:30 – 9:25am (55 min)	<b>BARRE/ PILATES</b> Kelle (3)	8:45 – 9:35am (50 min)	<b>SPIN</b> Kim (S)	8:30 – 9:25am (55 min)	<b>H.I.I.T.</b> Kathy (2)	8:30 – 9:20am (50 min)	<b>REVOLUTION SPIN</b> Heidi (S)
9:30 – 10:15am (45 min)	<b>BUTTS + GUTS</b> Donna (2)	9:00 – 9:55am (55 min)	<b>LIFT IT</b> Jane (2)	9:30 – 10:00am (30 min)	<b>CARDIO BLAST</b> Donna (2)	9:30 – 10:25am (55 min)	<b>TABATA B'CAMP</b> Kelle (2)	9:00 – 9:55am (55 min)	<b>BARRE ASSETS</b> Jane (3)	9:30 – 10:25am (55 min)	<b>KICKBOXING</b> Kathy (2)	9:00 – 9:55am (55 min)	<b>POWER YOGA</b> Paula (3)
10:00 – 10:55am (55 min)	<b>VINYASA YOGA</b> Melissa P (3)	9:30 – 10:00am (30 min)	<b>SPIN EXPRESS</b> Kelle (S)	10:00 – 10:55am (55 min)	<b>VINYASA YOGA</b> Paula (3)	12:15 – 1:00pm (45 min)	<b>BOOT CAMP</b> Kristin (2)	10:00 – 10:45am (45 min)	<b>STRENGTH</b> Stacey (2)	9:30 – 10:25am (55 min)	<b>SPIN</b> Jane (S)	10:45-11:40am (55 min)	<b>Step</b> Kathy Series 1/6/19
12:00 – 12:45pm (45 min)	<b>STRENGTH + PIYO</b> Claudia/Ed (3)	12:15 – 1:00pm (45 min)	<b>BOOT CAMP</b> Donna (2)	10:00 - 10:30 am (30 min)	<b>BANDS &amp; BARRE</b> Donna (2)	5:00 – 5:55pm (55 min)	<b>H.I.I.T.</b> Jason (2)	12:15 – 1:00pm (45 min)	<b>POWER YOGA</b> Ed K (3)	10:00 – 10:55am (55 min)	<b>YOGALATES</b> Melissa Ann(3)		
5:00 – 5:55pm (55 min)	<b>LIFT IT</b> Kathy (2)	5:00 – 5:55pm (55 min)	<b>H.I.I.T.</b> Jason (2)	12:00 – 12:45pm (45 min)	<b>REVOLUTION SPIN</b> Donna (S)	5:30 – 6:25pm (55 min)	<b>YOGALATES</b> Melissa Ann (3)	5:15 – 6:00pm (45 min)	<b>SPIN</b> TBA 1/18/19				
5:30 – 6:20pm (50 min)	<b>SPIN REVOLUTION</b> Kelle (S)	5:30 – 6:25pm (55 min)	<b>MAT PILATES</b> Heidi (3)	5:00 – 5:30pm (30 min)	<b>CARDIO CORE</b> Kelle (2)	6:00 – 6:55pm (55 min)	<b>LIFT IT</b> Heidi (2)	<div style="background-color: #800000; color: white; padding: 10px;"> <p style="text-align: center;"><b>Winter Series</b></p> <p style="text-align: center;"><b>NRG Spin with Heidi   Select Sundays at 8:30am</b></p> <p style="text-align: center;"><b>12/2, 1/6, 2/3</b></p> <p style="text-align: center;">40 minutes on the bike followed by 15 minutes of muscle-building intervals</p> <p style="text-align: center;"><i>*note: NRG is held in place of Revolution Spin</i></p> <p style="text-align: center;">Butts + Guts with Donna   Mondays at 9:30am session continues</p> <p style="text-align: center;">Intense 45 minutes class focusing on lower body and core strengthening</p> <p style="text-align: center;"><b>POP-UP Series &amp; Events</b></p> <p style="text-align: center;"><b>Ugly Sweater Spin   Dec 11 at 6:30pm</b></p> <p style="text-align: center;"><i>Donna and Ann</i></p> <p style="text-align: center;"><b>Zumba with Jeffrey   Saturdays 10:40am</b></p> <p style="text-align: center;"><i>6-week series starts Nov 24</i></p> <p style="text-align: center;"><b>Step N Strength with Kathy   Sundays 10:45am</b></p> <p style="text-align: center;"><i>1/6, 1/13, 1/20 and 1/27</i></p> </div>					
6:00 – 6:55pm (55 min)	<b>CARDIO BLAST</b> Kathy (2)	6:00 – 6:55pm (55 min)	<b>20-20-20</b> Kathy (2)	5:30 – 6:20pm (50 min)	<b>SPIN REVOLUTION</b> Kelle (S)	7:00-7:55pm (55 min)	<b>ZUMBA</b> Amanda (2)						
7:00 – 7:55pm (55 min)	<b>ZUMBA Dance</b> Ryan (2)	6:30 – 7:45pm (75 min)	<b>HATHA YOGA</b> Kelle (3)	6:00 – 6:55pm (55 min)	<b>TABATA B'CAMP</b> Randall (2)	<b>Upcoming classes</b> <b>For January</b>  <b>Step N Strength</b> <b>Sundays w Kathy</b>  <b>Friday evening spin</b> <b>returns 1/18/19</b> <b>Stay posted!!!</b>							
7:05 – 8:00pm (55 min)	<b>VINYASA YOGA</b> Carol (3)	6:30 – 7:20pm (50 min)	<b>SPIN</b> Ann (S)	6:30 – 7:00pm (30 min)	<b>EXPRESS PILATES</b> Kelle (3)								
		7:00 – 7:45pm (45 min)	<b>Box IT</b> Kathy (2)	7:00 – 7:55pm (55 min)	<b>ZUMBA STEP</b> Farrah (2)								
				7:00 – 7:55pm (55 min)	<b>ANUSARA YOGA</b> Noelle (3)								

**KEY**

Morning	Lunch	Evening	Series
(2) Studio 2	(3) Studio 3	(S) Spin Studio	

# Class Descriptions

<p><b>Bands, Balance &amp; Barre</b> 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!</p>	<p><b>Cardio Strength / Blast/ 20-20-20</b> This workout may include a combination of the following: Step Training, Hi-Lo Aerobics, Kettlebells, Sports Training, Speed Drills and Toning.</p>	<p><b>Lift It / Express</b> 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!</p>	<p><b>Step N' Sculpt</b> 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.</p>	<h2 style="text-align: center;">Mind Body</h2>	
<p><b>Barre Assets</b> A ballet inspired workout. Build balance, strength and poise. This class fuses ballet, Pilates and strength to create long/lean posture and flexibility.</p>	<p><b>Cardio Core</b> This class will work your midsection to the max! Merges strength and flexibility moves, resulting in defined abs, sculpted legs and glutes.</p>	<p><b>Revolution Spin</b> Designed to help increase your fat burning potential and athletic performance. Built around 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.</p>	<p><b>Strength / Strength + PIYO</b> 45 minutes of weight training mixed with core conditioning and a combination of Pilates and yoga.</p>		
<p><b>Boot Camp</b> This challenging workout includes strength, cardio speed drills, core and functional movement patterns.</p>	<p><b>H.I.I.T.</b> 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!</p>	<p><b>Spin</b> 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. <b>*Heart Rate Training</b> designed to incorporate MYZONE technology to track and build cardiovascular strength</p>	<p><b>Tabata Bootcamp</b> Join this HIIT for deep cardio &amp; muscle conditioning. Work in 4-minute intervals for a fast-paced Bootcamp to build strength and endurance (Beginner, intermediate and advanced options always available!)</p>	<p><b>Hatha Yoga</b> 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.</p>	<p><b>Vinyasa Yoga</b> 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 is interwoven to create a complete yoga experience. Students are encouraged to take a few Hatha Classes first or have a basic understanding of yoga.</p>
<p><b>Box It</b> A bag class with intervals of boxing drills, bag work and core work. Gloves are required!</p>	<p><b>Kickboxing</b> 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!</p>	<p><b>Zumba</b> 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</p>	<p><b>Zumba Step / Toning</b> 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!</p>	<p><b>Mat Pilates</b> 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.</p>	<p><b>Yogalates</b> 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.</p>

Questions, Concerns or Suggestions Contact [donna@horshamathletic.com](mailto:donna@horshamathletic.com) , Please note classes may be canceled due to lack of attendance