

# Group Exercise Menu



Fall 2019 effective 9/9/2019

| MONDAY                      |                                       | TUESDAY                    |                                   | WEDNESDAY                    |                                       | THURSDAY   |                                      | FRIDAY  |                                 | SATURDAY                    |                                     | SUNDAY                    |                                     |
|-----------------------------|---------------------------------------|----------------------------|-----------------------------------|------------------------------|---------------------------------------|--|--------------------------------------|---|---------------------------------|-----------------------------|-------------------------------------|---------------------------|-------------------------------------|
| 7:45 – 8:40am<br>(55 min)   | <b>ZUMBA</b><br>Michelle (2)          | 5:30 – 6:25am<br>(55 min)  | <b>SPIN</b><br>Kim (S)            | 5:45 – 6:30am<br>(45 min)    | <b>LIFT IT</b><br>Kim (2)             | 5:30 – 6:25am<br>(55 min)  | <b>SPIN</b><br>Deb (S)               | 7:45 – 8:40am<br>(55 min)   | <b>ZUMBA</b><br>Michelle (2)    | 7:00 – 7:50am<br>(50 min)   | <b>SPIN</b><br>Heidi (S)            | 8:30 – 9:25am<br>(55 min) | <b>LIFT IT</b><br>Jane (2)          |
| 8:45 – 9:35am<br>(50 min)   | <b>SPIN</b><br>Kim (S)                | 8:30 – 9:15am<br>(45 min)  | <b>BARRE/ PILATES</b><br>Jane (2) | 8:45 – 9:35am<br>(50 min)    | <b>SPIN</b><br>Michelle (S)           | 8:30 – 9:25am<br>(55 min)  | <b>BARRE/ PILATES</b><br>Melissa (3) | 8:45 – 9:35am<br>(50 min)   | <b>SPIN</b><br>Kim (S)          | 8:30 – 9:25am<br>(55 min)   | <b>H.I.I.T.</b><br>Kathy (2)        | 8:30 – 9:20am<br>(50 min) | <b>REVOLUTION SPIN</b><br>Heidi (S) |
| 9:30 – 10:15am<br>(45 min)  | <b>BUTTS + GUTS</b><br>Donna (2)      | 9:15 – 10:00am<br>(45 min) | <b>LIFT IT</b><br>Jane (2)        | 9:30 – 10:00am<br>(30 min)   | <b>CARDIO BLAST</b><br>Donna (2)      | 9:30 – 10:25am<br>(55 min)   | <b>BOOTCAMP</b><br>Sophia (2)        | 9:00 – 9:55am<br>(55 min)   | <b>BARRE ASSETS</b><br>Jane (3) | 9:30 – 10:25am<br>(55 min)  | <b>KICKBOXING</b><br>Kathy (2)      | 9:00 – 9:55am<br>(55 min) | <b>VINYASA YOGA</b><br>Noelle (3)   |
| 10:00 – 10:55am<br>(55 min) | <b>VINYASA YOGA</b><br>Melissa P (3)  | 9:30 – 10:20am<br>(50 min) | <b>SPIN</b><br>Michelle (S)       | 10:00 – 10:30 am<br>(30 min) | <b>BANDS &amp; BARRE</b><br>Donna (2) | 12:15 – 1:00pm<br>(45 min)   | <b>BOOTCAMP</b><br>Kristin (2)       | 10:00 – 10:45am<br>(45 min)   | <b>STRENGTH</b><br>Stacey (2)   | 9:30 – 10:25am<br>(55 min)  | <b>SPIN</b><br>Jane (S)             | 10:30-11:25am<br>(55 min) | <b>STEP n SCULPT</b><br>Kathy (2)   |
| 12:15 – 1:00pm<br>(45 min)  | <b>STRENGTH + PIYO</b><br>Claudia (3) | 12:15 – 1:00pm<br>(45 min) | <b>BOOTCAMP</b><br>Donna (2)      | 10:00 – 10:55am<br>(55 min)  | <b>VINYASA YOGA</b><br>Paula (3)      | 5:00 – 5:55pm<br>(55 min)  | <b>H.I.I.T.</b><br>Jason (2)         | 12:15 – 1:00pm<br>(45 min)  | <b>POWER YOGA</b><br>Ed K (3)   | 10:00 – 10:55am<br>(55 min) | <b>YOGALATES</b><br>Melissa Ann (3) |                           |                                     |
| 4:30– 5:15pm<br>(45 min)    | <b>BARRE BLAST</b><br>Sophia (3)      | 5:00 – 5:55pm<br>(55 min)  | <b>H.I.I.T.</b><br>Jason (2)      | 12:15 – 1:00pm<br>(45 min)   | <b>REVOLUTION SPIN</b><br>Donna (S)   | 5:30 – 6:25pm<br>(55 min)  | <b>YOGALATES</b><br>Melissa Ann (3)  |   |                                 | 10:40-11:35am<br>(55 min)   | <b>ZUMBA</b><br>Jeffery (2)         |                           |                                     |
| 5:00 – 5:55pm<br>(55 min)   | <b>LIFT IT</b><br>Kathy (2)           | 5:30 – 6:25pm<br>(55 min)  | <b>MAT PILATES</b><br>Heidi (3)   | 5:00-5:45pm<br>(45 min)      | <b>STEP IT UP</b><br>Kathy (2)        | 6:00 – 6:55pm<br>(55 min)  | <b>LIFT IT</b><br>Heidi (2)          | <div style="background-color: #800000; color: white; padding: 10px;"> <p style="text-align: center;"><b>Fall 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>9/1 10/6 11/3</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;"><b>Butts + Guts with Donna   Mondays at 9:30am</b></p> <p style="text-align: center;">8-week series starts 9/9/19</p> <p style="text-align: center;">Intense 45 minutes class focusing on lower body and core strengthening</p> <p style="text-align: center;"><b>Barre Blast with Sophia   Mondays at 4:30pm</b></p> <p style="text-align: center;">6-week series start 9/16/19</p> <p style="text-align: center;">Energetic- High intensity beat driven barre workout</p> <p style="text-align: center;"><b>Step N Sculpt Series with Kathy   Sundays at 10:30am</b></p> <p style="text-align: center;">6 weeks starts 9/22</p> <p style="text-align: center;"><b>Step Series with Kathy   Wednesdays at 5:00pm</b></p> <p style="text-align: center;">6 weeks starts 9/25/19</p> </div> |                                 |                             |                                     |                           |                                     |
| 5:30–6:20pm<br>(50 min)     | <b>REVOLUTION SPIN</b><br>TBA (S)     | 6:00 – 6:55pm<br>(55 min)  | <b>20-20-20</b><br>Kathy (2)      | 5:30– 6:20pm<br>(50 min)     | <b>REVOLUTION SPIN</b><br>Eileen (S)  | 7:00-7:55pm<br>(55 min)  | <b>ZUMBA</b><br>Rachel (2)           |   |                                 |                             |                                     |                           |                                     |
| 6:00 – 6:55pm<br>(55 min)   | <b>CARDIO BLAST</b><br>Kathy (2)      | 6:30 – 7:00pm<br>(30 min)  | <b>SPIN</b><br>Heidi (S)          | 6:00– 6:55pm<br>(55 min)     | <b>TABATA</b><br>Randall (2)          | <p style="text-align: center;">Monday 5:30pm Spin</p> <p style="text-align: center;">9/9 = Mike</p> <p style="text-align: center;">9/16 = Claudia</p> <p style="text-align: center;">9/23 = Mike</p> <p style="text-align: center;">9/30 = Claudia</p> <p style="text-align: center;">10/7= Mike</p> <p style="text-align: center;">10/14= Deb</p> |                                      |   |                                 |                             |                                     |                           |                                     |
| 7:00– 7:55pm<br>(55 min)    | <b>ZUMBA Dance</b><br>Ryan (2)        | 6:30 – 7:25pm<br>(55 min)  | <b>HATHA YOGA</b><br>Sandy E (3)  | 7:00 – 7:55pm<br>(55 min)    | <b>ZUMBA STEP</b><br>Farrah (2)       |  |                                      |   |                                 |                             |                                     |                           |                                     |
| 7:05 – 8:00pm<br>(55 min)   | <b>VINYASA YOGA</b><br>Carol (3)      | 7:00 – 7:45pm<br>(45 min)  | <b>BOX IT</b><br>Kathy (2)        | 7:00 – 7:55pm<br>(55 min)    | <b>ANUSARA YOGA</b><br>Noelle (3)     |  |                                      |   |                                 |                             |                                     |                           |                                     |

|                 |                 |             |           |
|-----------------|-----------------|-------------|-----------|
| (2)<br>Studio 2 | (3)<br>Studio 3 | (S)<br>Spin |           |
|                 | Morning         |             | Afternoon |
|                 | Evening         |             | Series    |

# Class Descriptions

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

|   |  |  |   |   |   |
|---|--|--|---|---|---|
| <p><b>Bands, Balance &amp; Barre</b><br/>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><br/>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><br/>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><br/>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>Anusara Yoga</b><br/>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).</p> |
| <p><b>Barre Assets</b><br/>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><br/>This class will work your midsection to the max!<br/>Merges strength and flexibility moves, resulting in defined abs, sculpted legs and glutes.</p>  | <p><b>Revolution Spin</b><br/>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><br/>45 minutes of weight training mixed with core conditioning and a combination of Pilates and yoga.</p>  |   | <p><b>Power Yoga</b><br/>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!</p>   |
| <p><b>Boot Camp</b><br/>This challenging workout includes strength, cardio speed drills, core and functional movement patterns.</p>   | <p><b>H.I.I.T. High-Intensity-Interval Training = RESULTS!</b> 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><br/>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.<br/><b>*Heart Rate Training</b> designed to incorporate MYZONE technology to track and build cardiovascular strength</p> | <p><b>Tabata Bootcamp</b><br/>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><br/>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><br/>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><br/>A bag class with intervals of boxing drills, bag work and core work. Gloves are required!</p>  | <p><b>Kickboxing</b><br/>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><br/>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><br/>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><br/>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><br/>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>  |