

**Group X Schedule** *updated 11/1/2021*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 8:45 AM Joanne (S) 50 min	<b>Bootcamp</b> 12:00 PM Donna (1) 45 min	<b>Metcon</b> 6:30 AM Mike (1) 45 min	<b>Strength + Core</b> 9:30 AM Donna (1) 50 min	<b>Spin</b> 8:45 AM Kim (S) 50 min	<b>HIIT</b> 8:30 AM Heidi (1) 50 min	<b>Strength</b> 8:30 AM Jane (1) 50 min
<b>Hatha Yoga</b> 10:00 AM Joanne (3) 45 min	<b>HIIT</b> 4:30 PM Kristin (1) 45 min	<b>Gravity SGT</b> 9:00 AM Holly (S) \$ reserve	<b>Bootcamp</b> 12:00 PM Kristin (1) 45 min	<b>TRX SGT</b> 9:30 AM Donna (F floor) \$ reserve	<b>Kangoo SGT</b> 8:45 AM Donna (3) \$ reserve	<b>Spin Revolution</b> 9:00 AM Heidi (S) 50 min
<b>Strength</b> 5:00 PM Jason A (1) 45 min	<b>Mat Pilates</b> 5:30 PM Heidi (1) 30 min	<b>Cardio Blast</b> 9:30 AM Donna (1) 45 min	<b>K bell Strong</b> 4:30 PM Isaac (1) 45 min	<b>Power Yoga</b> 12:00 PM Ed (3) 45 min	<b>Spin</b> 9:30 AM Jane (S) 50 min	<b>Hatha Yoga</b> 10:00 AM Joanne (3) 45 min
<b>Gravity SGT</b> 5:30 PM Donna (S) \$ reserve	<b>Strength</b> 6:00 PM Heidi (1) 50 min	<b>HIIT</b> 4:30 PM Ann (1) 45 min	<b>Mat Pilates</b> 5:30 PM Heidi (3) 60 min		<b>Box N Bags</b> 9:30 AM Heidi (1) 30 min	
<b>Vinyasa Flow</b> 6:00 PM Carol (3) 60 min		<b>Spin</b> 5:30 PM Joanne (S) 50 min	<b>Gravity SGT</b> 5:30 PM Holly (S) \$ reserve		<b>Isaac Strong</b> 10:30 AM Isaac (1) 45 min	
<b>Zumba</b> 7:00 PM Amber (1) 50 min		<b>Vinyasa Flow</b> 6:00 PM Noelle (3) 60 min	<b>Cardio Blast</b> 6:00 PM Corrine (1) 45 min			
		<b>Zumba</b> 7:00 PM Char (1) 50 min				

## Class Descriptions

**Box N Bag** Fire up your metabolism and fat burn with this high-intensity interval training workout. A combination of bag work, drills and kickboxing. 30-minute workout!

**Cardio Blast** This class combines a variety of high intensity, body weight exercises like (Step, Dance, Agility Drills, Interval training) or any other combination of cardio exercises and strength exercises that results in a high caloric burn, intense cardiovascular training, core strengthening and overall toning.

**Flow 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 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.

**Hatha Yoga** Expect gentle stretching poses utilizing breath to connect mind and body with the ultimate goal of total relaxation and stress relief. 45 minutes

**HIIT/ Bootcamp** This workout may include a combination of the following: Step Training, Hi-Lo Aerobics, Kettlebells, Sports Training, Speed Drills and Weights. 45 minutes

**Isaac Strong** This time efficient full body workout will put an emphasis on lower body strength and rotational power. It will also test your endurance and improve your “everyday strength”. All types of equipment will be utilized (kettlebells, battle ropes, and much more). All fitness levels are encouraged to attend! 45 minutes

**Kettlebell Strong** This is a full body workout that incorporates compound exercises and works multiple muscle groups. While using only kettlebells, this workout will engage your core and posterior chain. 45 minutes

**Metcon w Mike** Metabolic conditioning is a total body workout that incorporates heavy weight lifting exercise with fast paced cardio. 45 minutes

**Pilate** 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 30-45 minutes.

**Power Yoga** Power Yoga flows through a series of athletic postures, strengthens your core and makes you sweat. Set to an energizing playlist, this class will detoxify your mind and body, leaving you both relaxed and energized! 45 minutes

**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 30-55 minutes.

**Strength** 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 – 60-minute workout!

**Zumba** A fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training and alternating fast and slow rhythm to help improve cardiovascular fitness.

***\*Small Group Training = Kangoo, TRX, Gravity requires reservations and are paid classes. Contact [donna@horshamathletic.com](mailto:donna@horshamathletic.com) to schedule your session***