

STUDIO FITNESS CLASS DESCRIPTIONS

STRENGTH CLASSES

Strength Foundations (studio #3):

Introducing a beginner strength class! This class has a greater teaching emphasis and focuses on mastering basic total body strength training movements. *45-50 minutes.*

HACFIT Strength (studio #3):

The Horsham Athletic Club's premier strength training class! This class will enhance total body strength and fitness by utilizing free weights to perform heavy compound movements, guaranteed to help pack on muscle. *45-50 minutes.*

CothranFIT Strength (studio #3):

Join our Trainer Curt in his method of strength training to pack on serious muscle and look your best. *45-50 minutes.*

Evolution Strength (studio #3):

Our Evolution Strength class is a non-traditional Strength Training class that will have you perform advanced movements in a high intensity environment. *45-50 minutes.*

Killer Kettlebells (studio #3):

Achieve a total body kettlebell workout. This class will guarantee you kettlebell proficiency with compound movements training multiple muscle groups, guaranteeing you improved total body and core strength. *45-50 minutes.*

SPIN CLASSES (spin studio)

Cyclepath and Spin Revolution are both indoor group cycling cardio classes. Both are sport-specific, individually paced rides, designed to promote health and well-being. *45-50 minutes.*

HIIT/BOOTCAMP STYLE CLASSES

Total Body Blast (studio #3/Parisi):

Crush every muscle group with this high intensity, bootcamp style, total body strengthening and cardiovascular conditioning class! *45-50 minutes.*

METCON (studio #3/Parisi):

Lift heavy, move fast, shred fat with this high intensity metabolic conditioning class! Class combines weights and bodyweight exercises with high intensity intervals to guarantee a high caloric burn during and after class! *45-50 minutes.*

HIIT & Kick (studio #3):

We are bringing Kickboxing back to The Horsham Athletic Club! This class will teach you kickboxing basics coupled with core & interval training in a high intensity environment that will enhance your kickboxing skills and cardiovascular conditioning. *45-50 minutes.*

Core & More (studio #3):

Sculpt your core and enhance total body strength and conditioning with this high energy bootcamp style class. Plenty of core movements coupled with total body strength training. *45-50 minutes.*

Cardio Blast (studio #3):

Combination of high intensity bodyweight exercises, such as Step, Dance, Agility Drills, and Interval Training, resulting in a high caloric burn, intense cardiovascular training, core strengthening, and overall toning. *45-50 minutes.*

YOGA/PILATES CLASSES

Mat Pilates (studio #3):

This innovative system of mind body exercises builds strength without bulk. While creating a sleek, toned body, it teaches body awareness, improved posture, and easy graceful movements. *30-45 minutes.*

Hatha Yoga (studio #3):

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

Power Yoga (studio #3):

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.*

Vinyasa Flow (studio #3):

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. *45 minutes.*

ZUMBA CLASSES (studio #3)

Zumba is a fitness program that combines dance with Latin and international beats. Zumba incorporates interval training while alternating fast & slow rhythms to enhance cardiovascular fitness. *45-50 minutes.*

HORSHAM ATHLETIC CLUB

- EST. 2011 -

STUDIO FITNESS SCHEDULE as of 1/31/2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30 AM Mike L. Foundations <i>studio #3</i>		6:30 AM Mike L. HACFIT Strength <i>studio #3</i>			
	9:30 AM Joanne Cyclepath <i>spin studio</i>	9:30 AM Mike L. Foundations <i>studio #3</i>	9:30 AM Donna Cardio Blast <i>studio #3</i>	9:30 AM Donna Core & More <i>studio #3</i>		
8:30 AM Jane HACFIT Strength <i>studio #3</i>	12:00 PM Joanne METCON <i>studio #3/Parisi</i>	12:00 PM Donna Total Body Blast <i>studio #3/Parisi</i>	12:00 PM Mike L. HACFIT Strength <i>studio #3</i>	12:00 PM Joanne METCON <i>studio #3/Parisi</i>	12:00 PM Holly M. Power Yoga <i>studio #3</i>	8:30 AM Heidi Total Body Blast <i>studio #3/Parisi</i>
9:30 AM Heidi Spin Revolution <i>spin studio</i>	5:00 PM Curt CothranFIT <i>studio #3</i>	5:00 PM Joanne METCON <i>studio #3</i>	5:00 PM Joanne Cyclepath <i>spin studio</i>	5:00 PM Isaac Killer Kettlebells <i>studio #3</i>	5:00 PM Mike L./ Curt CothranFIT <i>studio #3</i>	9:30 AM Jane Spin Revolution <i>spin studio</i>
10:00 AM Joanne Hatha Yoga <i>studio #3</i>	6:00 PM Carol Vinyasa Yoga <i>studio #3</i>	6:00 PM Heidi Mat Pilates <i>studio #3</i>	6:00 PM Noelle Vinyasa Yoga <i>studio #3</i>	6:00 PM Heidi Mat Pilates <i>studio #3</i>		11:00 AM Isaac Evolution Strength <i>studio #3</i>
	7:00 PM Amber Zumba <i>studio #3</i>	7:00 PM Heidi HACFIT Strength <i>studio #3</i>	7:00 PM Corrine Core & More <i>studio #3</i>	7:00 PM Mike S. HIIT & Kick <i>studio #3</i>		