



STUDIO SUMMER FITNESS SCHEDULE as of 06/20/2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM Jane HAC Strong <i>studio #3</i>						8:30 AM Heidi Total Body Blast <i>studio #3 / Parisi</i>
9:00 AM Heidi Spin Revolution <i>spin studio</i>		9:30 AM Holly O. 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>		9:30 AM Jane Spin Revolution <i>spin studio</i>
	12:00 PM Isaac Evolution Strength <i>studio #3 / Parisi</i>	12:00 PM Donna Total Body Blast <i>studio #3 / Parisi</i>	12:00 PM Mike L. METCON <i>studio #3 / Parisi</i>	12:00 PM Kristin Total Body Blast <i>studio #3 / Parisi</i>		11:00 AM Isaac Evolution Strength <i>studio #3</i>
	5:00 PM Curt CothranFIT <i>studio #3</i>	5:00 PM Kristin Total Body Blast <i>studio #3</i>	5:30 PM Joanne Cyclepath <i>spin studio</i>	5:00 PM Isaac Killer Kettlebells <i>studio #3</i>		
	6:00 PM Carol Vinyasa Yoga <i>studio #3</i>	6:00 PM Heidi HAC Strong <i>studio #3</i>	6:00 PM Gina Strong Nation <i>studio #3</i>	6:00 PM Heidi Mat Pilates <i>studio #3</i>		
	7:00 PM Amber Zumba <i>studio #3</i>	7:00 PM Heidi Mat Pilates <i>studio #3</i>	7:00 PM Mike S. MMA Skills <i>studio #3</i>	7:00 PM Heidi. HIIT & Kick SERIES: (7/13-8/17) <i>studio #3</i>		

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.*

HAC Strong (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.*

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.*

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.*

COMBAT CLASSES (studio #3)

HIIT & Kick:

Kickboxing basics coupled with core & interval training in a high intensity environment that will enhance your kickboxing skills and cardiovascular conditioning. *45-50 minutes.*

MMA Skills:

Hone in on your martial arts and self-defense skills, with Coach Mike Spahits. Touch on a variety of martial arts disciplines while getting a sweat! *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 an exciting and interactive fitness program that combines dance with Latin and international beats with interval training.

Strong Nation combines body weight strength, resistance-style, muscle conditioning, cardio, and plyometric training music synced to customized music. *45-50 minutes.*