

# HORSHAM ATHLETIC CLUB

- EST. 2011 -

## STUDIO FITNESS FALL SCHEDULE as of 1/1/2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM <b>EXPRESS STRENGTH</b> Heidi <i>studio #3 (30 min)</i>		6:00 AM <b>SPIN</b> Jillian <i>spin studio</i>				8:30 AM <b>TOTAL BODY BLAST</b> Heidi <i>studio #3 / Parisi</i>
9:00 AM <b>SPIN REVOLUTION</b> Heidi <i>spin studio</i>			9:30 AM <b>SPIN CIRCUIT</b> Donna <i>studio #3</i>	9:30 AM <b>CORE &amp; MORE</b> Donna <i>studio #3</i>		9:30 AM <b>SPIN REVOLUTION</b> Jane <i>studio #3 / Parisi</i>
	12:00 PM <b>EVOLUTION STRENGTH</b> Isaac <i>studio #3 / Parisi</i>	12:00 PM <b>TOTAL BODY BLAST</b> Donna <i>studio #3 / Parisi</i>	12:00 PM <b>METCON</b> Isaac <i>studio #3 / Parisi</i>	12:00 PM <b>TOTAL BODY BLAST</b> Kristin <i>studio #3 / Parisi</i>		11:00 AM <b>EVOLUTION STRENGTH</b> Isaac <i>studio #3 / Parisi</i>
	5:00 PM <b>COTHRANFIT</b> Curt <i>studio #3</i>	5:00 PM <b>TOTAL BODY BLAST</b> Kristin <i>studio #3</i>	5:00 PM <b>STRENGTH</b> Jillian <i>studio #3</i>	5:00 PM <b>KILLER KETTLEBELLS</b> Isaac <i>studio #3</i>		
	6:00 PM <b>VINYASA YOGA</b> Carol <i>studio #3</i>	6:00 PM <b>HAC STRONG</b> Heidi <i>studio #3</i>		6:00 PM <b>MAT PILATES</b> Heidi <i>studio #3</i>		
	7:00 PM <b>ZUMBA</b> Amber <i>studio #3</i>	7:00 PM <b>MAT PILATES</b> Heidi <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, Spin Circuit and Spin Revolution** are 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.*

### **Tabata Torch (studio #3):**

Combination of various strength and cardio intervals that will enhance strength, muscle tone, cardio endurance, and overall fitness! All fitness levels welcomed and encouraged. Various options given to suit your needs. *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 (studio #3)**

An exciting and interactive fitness program that combines dance with Latin and international beats with interval training. *45-50 minutes.*