



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM EXPRESS STRONG HEIDI STUDIO 3			6:00AM SPIN JILLIAN ZONE			8:30AM HIIT HEIDI PARISI
9:00AM SPIN HEIDI ZONE			9:30AM 6 ZONE DONNA ZONE	9:30AM CORE + MORE DONNA STUDIO 3		9:30AM SPIN JANE ZONE
	12:00PM STRONG ISAAC STUDIO 3	12:00PM TBB RANDY STUDIO 3	12:00PM METCON ISAAC PARISI	12:00PM TBB KRISTIN STUDIO 3	12:00 PM VINYASA BRITTANY STUDIO 3	10:00AM STRONG ISAAC ZONE
	4:30PM STRONG RANDY STUDIO 3	5:30PM 6 ZONE DONNA /RANDY ZONE	5:00PM TBB KRISTIN STUDIO 3	5:00PM K BELL ISAAC STUDIO 3	5:30PM 6 ZONE HEIDI ZONE	
	6:00PM VINYASA CAROL STUDIO 3	6:00PM STRONG HEIDI STUDIO 3	6:00PM VINYASA KATIE STUDIO 3	6:15PM PILATES HEIDI STUDIO 3		
	7:00PM ZUMBA AMBER STUDIO 3	7:00PM PILATES HEIDI STUDIO 3	7:00PM ZUMBA CAITLIN STUDIO 3			



## Class descriptions

### **6 ZONE**

**6 Zone** (studio Zone): Science-based workouts designed for your time, anytime. These self guided workouts burn 40% more calories than routine workouts in an efficient, coach-inspired, 35-minute HIIT training experience.

You'll spend 5 minutes in each of the 6 zones with a 1 minute recovery , which can include any variation and combination of dumb bells, ski erg rowers, kettle bells, battle ropes, bikes, TRX, Bosu ,slam balls and a few others.

All of the equipment is the best of the best available to provide a comprehensive HIIT workout with weight training.

**Select classes are coached**

#### **STRENGTH CLASSES**

**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 K-Bell** (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** (Zone):

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

**ZUMBA CLASSES** (studio #3):

Zumba is an exciting and interactive fitness program that combines dance with Latin and international beats with interval training. 45-50 minutes.

#### **HIIT/BOOTCAMP STYLE CLASSES**

**Total Body Blast = TBB** (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

#### **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.

**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.

**Power Vinyasa** (studio #3):

A vigorous vinyasa class to build strength and flexibility; this empowering and energetic flowing style of yoga is ideal for those who are looking for a faster paced, physical practice. 45 minutes.