



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	8:30AM EXPRESS STRONG HEIDI ZONE					6:00AM SPIN JILLIAN ZONE						8:30AM HIIT HEIDI STUDIO	
9:00AM SPIN HEIDI ZONE				9:30AM STRENGTH STRETCH SUSAN STUDIO			9:30AM SPIN + 6 ZONE DONNA ZONE	9:30AM CARDIO TO CORE DONNA STUDIO				8:45AM TRX SGT DONNA ZONE	
10:00AM BARRE FUSION CHRISTINE STUDIO		12:00PM STRONG DONNA STUDIO		12:00PM TBB SUSAN STUDIO		12:00PM HIIT SUSAN ZONE		12:00PM TBB KRISTIN STUDIO		12:00PM VINYASA BRITTANY STUDIO		10:00AM INTRO TO POWER SHUNDRA STUDIO	
		4:30PM CARDIO TO CORE ANN STUDIO		5:00PM TBB KRISTIN STUDIO		4:30PM EXPRESS STRONG ANN STUDIO			5:30PM HIIT HEIDI ZONE				
		6:00PM VINYASA CAROL STUDIO	5:30PM 6 ZONE ANN/MASON ZONE	6:00PM STRONG HEIDI STUDIO		6:00PM VINYASA SHUNDRA STUDIO	5:30PM 6 ZONE MASON ZONE	6:15PM PILATES HEIDI STUDIO					
		7:00PM ZUMBA AMBER STUDIO		7:00PM PILATES HEIDI STUDIO		7:00PM ZUMBA CAITLIN STUDIO							



## Class descriptions

### **6 ZONE**

**6 Zone (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):**

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.

**Strength and Stretch (studio):**

Strength and tone with light weights, band resistance. Full body weight movements followed with core and flexibility stretching 45-50 minutes.

**SPIN (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.

**TRX (Zone):** \$ paid

TRX Suspension Small group training utilizes gravity and own body weight to develop total-body strength and stability. Ability to increase or decrease the difficulty based on yours body's position makes this training program adaptable to all fitness levels. Guaranteed to improved your core strength. Reservation is required 45-50 minutes..

**ZUMBA CLASSES (studio):**

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

**HIIT (studio/ Zone):** 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.

**Cardio to the core (studio):** Sculpt your core and enhance total body strength with this high energy cardio style class. Plenty of core movements coupled with cardio style drills. 30 -45 minutes.

**Cardio Blast (studio):** 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**

**Barre Flow Fusion (studio):**

This dynamic class blends the strength and precision of Pilates, the flexibility and mindfulness of yoga, and the sculpting intensity of barre. Expect a low-impact, full-body workout that focuses on core strength, balance, and toning, with plenty of pulsing, stretching, and mindful movement.. Suitable for all levels—no dance experience required.

**Mat Pilates (studio):**

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):**

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.

**Intro to Power (studio):**

This is an introduction to Baptiste Yoga for all levels. Begin your Journey Into Power (JIP) by learning and practicing the 5 pillars of JIP. 45-50 minutes.

Note: This is a heated class. Recommendations to enhance your experience:

- Wear breathable clothing
- Bring a towel to place on your mat for traction and another for yourself.
- Water is essential \*Yoga socks are optional.