



Winter 2026, \*check app for updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM EXPRESS STRONG HEIDI	9:30AM HOT YOGA CAROL	6:00AM HEATED UP \$ BRITTANY C	6:00AM SPIN JILLIAN	6:00AM HEATED UP \$ BRITTANY C	9:30AM HOT YOGA BRITTANY H	8:30AM HIIT HEIDI
9:00AM SPIN HEIDI	12:00PM STRONG DONNA	9:30AM STRENGTH & STRETCH SUSAN	9:30AM SPIN+ 6ZONE DONNA	9:30AM CARDIO TO CORE DONNA	12:00PM VINYASA BRITTANY H	8:45AM TRX SGT \$ DONNA
10:00AM BAREE FUSION CHRISTINE	4:30PM CARDIO TO CORE ANN	12:00PM TBB SUSAN	12:00PM HIIT SUSAN	12:00PM TBB KRISTIN		10:00AM ZUMBA CAITIE
10:30AM HIIT DAVE	5:00PM HOT YOGA CAROL	5:00PM TBB KRISTIN	4:30PM STRENGTH & STRETCH SUSAN	5:00PM BAREE FUSION CHRISTINE		11:00AM HEATED UP \$ BRITTANY C
11:00AM HOT YOGA CHRISTINE	5:30PM 6 ZONE MASON	5:30PM HOT YOGA ED	5:00PM HOT YOGA CAROL	5:30PM HIIT HEIDI		
	6:00PM VINYASA CAROL	6:00PM STRONG HEIDI	5:30PM 6 ZONE MASON	6:15PM PILATES HEIDI		
	7:00PM ZUMBA AMBER	6:30PM HEATED UP \$ BRITTANY C	6:00PM VINYASA SHUNDRA		<div style="background-color: #668d99; color: white; padding: 5px; text-align: center;"> <b>6 ZONE STUDIO</b> </div> <div style="background-color: #e0e0e0; color: black; padding: 5px; text-align: center;"> <b>STUDIO 1</b> </div> <div style="background-color: #ff0000; color: white; padding: 5px; text-align: center;"> <b>STUDIO 2</b> </div>	
		7:00PM PILATES HEIDI	7:00PM ZUMBA CAITLIN		<ul style="list-style-type: none"> <li>• Please arrive 5 minutes early</li> <li>• Bring your own yoga mat, water, and a towel</li> <li>• Listen to your body!</li> </ul>	



# Class Descriptions

\*must register for all classes in app

## STRENGTH CLASSES

### 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. Select classes are coached

### HAC Strong (Studio 1):

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.

### HEATED UP (Studio 2): \$ paid

This small group training class can combine barbell- based strength with refined dumbbell conditioning, intentionally designed to deliver maximum benefits. Expertly coached and thoughtfully programmed. It is accessible for all-fitness levels. 45 minutes.

\*\*\*This class is in a heated studio, listen to your body! Please bring your own yoga mat, water bottle, and a towel!!

### Strength and Stretch (Studio 1):

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 1):

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

**HIIT** (Studio 1/ 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 1): Sculpt your core and enhance total body strength with this high energy cardio style class. Plenty of core movements coupled with cardio style drills. 45-50 minutes.

## YOGA/PILATES CLASSES

### Barre Flow Fusion (Studio 1):

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. 45 minutes.

### HOT YOGA (Studio 2):

Join us for a journey into power class. This class is for all levels. It is challenging and designed to support you in your growth. Get ready to work on alignment, awareness, and breath. 45 minutes.

\*\*\*This class is in a heated studio, listen to your body! Please bring your own yoga mat, water bottle, and a towel!!

### Mat Pilates (Studio 1):

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 1):

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.