



6 ZONE

Summer 2026, *check app for updates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM EXPRESS STRONG <i>HEIDI</i>	9:30AM HOT YOGA <i>CAROL</i>	9:30AM STRENGTH & STRETCH <i>SUSAN</i>	6:00AM SPIN <i>JILLIAN</i>	9:30AM CARDIO TO CORE <i>DONNA</i>	9:30AM EXPRESS PILATES <i>DONNA</i>	8:30AM HIIT <i>HEIDI</i>
9:00AM SPIN <i>HEIDI</i>	12:00PM STRONG <i>DONNA</i>	12:00PM TBB <i>SUSAN</i>	9:30AM SPIN+ 6ZONE <i>DONNA</i>	12:00PM TBB <i>KRISTIN</i>	12:00PM VINYASA <i>MICHAELA</i>	8:45AM TRX SGT \$ <i>DONNA</i>
10:30AM HIIT <i>DAVE</i>	4:30PM CARDIO TO CORE <i>ANN</i>	5:00PM TBB <i>KRISTIN</i>	12:00PM HIIT <i>SUSAN</i>	5:00PM BALLET CORE <i>RACHEL</i>		11:00AM SUMMER FLOW YOGA <i>KELLY</i>
11:00AM HOT YOGA <i>CHRISTINE</i>	5:00PM HOT YOGA <i>CAROL</i>	5:30PM HOT YOGA <i>TABITHA</i>	4:30PM STRENGTH & STRETCH <i>SUSAN</i>	5:30PM HIIT <i>HEIDI</i>		
	5:30PM 6 ZONE <i>MASON</i>	6:00PM STRONG <i>HEIDI</i>	5:00PM HOT YOGA <i>CAROL</i>	6:15PM PILATES <i>HEIDI</i>		
	6:00PM VINYASA <i>CAROL</i>	7:00PM PILATES <i>HEIDI</i>	5:30PM 6 ZONE <i>MASON</i>			
	6:00PM FIRE <i>KERRI</i>		6:00PM TRE YOGA <i>CAROL</i>		6 ZONE STUDIO STUDIO 1 STUDIO 2	
	7:00PM ZUMBA <i>AMBER</i>		7:00PM ZUMBA <i>CAITLIN</i>		• Please arrive 5 minutes early • Bring your own yoga mat, water, and a towel • Listen to your body!	



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

FIRE (Studio 2):

This class combines strength and high-intensity intervals circuits. This workout torches calories, improves strength, boosts endurance, and enhances mental focus-all while pushing your body to adapt to extreme conditions. 45 minutes

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

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):

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 your body's position makes this training program adaptable to all fitness levels. Guaranteed to improve 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

Ballet Core (Studio 1):

Ballet core is a ballet-inspired fitness class led by a professional ballerine, combining elegant movement with deep core strengthening, balance, and mobility. This class builds posture and strength while bringing the elegance of ballet into fitness. 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.

TRE(Studio 1):

Tension, Trauma Release Exercises A set of simple exercises and yoga poses to fatigue the lower portion of the body which will activate a natural reflex known as neurogenic tremors. These tremors will help to release deep seated muscular tension caused by everyday stress and past trauma