



6 ZONE

Fall 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 HOT YOGA <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>	5:30PM HOT SCULPT YOGA <i>TABITHA</i>		10:00AM DANCE SWEAT <i>ELISHA</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>		11:00AM FALL FLOW YOGA <i>KELLY</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>			
	7:00PM ZUMBA <i>AMBER</i>		6:00PM TRE YOGA <i>CAROL</i>		6 ZONE STUDIO STUDIO 1 STUDIO 2	
			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

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.

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.

DANCE SWEAT (Studio 1):

Elevate your fitness with "Dance Sweat" a heart pumping, cardio dance class combining the latest dance trends with timeless and classic moves. It's a 45 minute cardio dance party that's as effective as addictive! All levels welcome! 45 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

HOT YOGA OR HOT SCULPT YOGA W/ STRENGTH INTERVALS (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. 45-50 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 on 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. 45 minutes.

Express Pilates Core (Studio 2):

Express pilates is a fast-paced, core-focused workout. In this 35-40 minute class, expect focused work for your abdominals, obliques, and deep support muscles to improve posture, stability, and full body performance, 30-40 minutes.