

Fitness

Programs are offered for residents and non-residents, Hempfield Rec members and non-members.

Group Exercise Schedule

#9577: Jan. 4–Feb. 28 • #9578 March 1–April 25 • #9579 April 26–June 20

Note: All classes are subject to change based on attendance.

MONDAY

5:30 a.m.	Cycling	Cycling Studio
5:45 a.m.	T.B.C.	Fitness Studio
8:00 a.m.	Zumba	Fitness Studio
9:00 a.m.	Step Express (½ hr)*	Fitness Studio
9:30 a.m.	CORE-DINATION*	Aerobic Studio
9:30 a.m.	Rep Reebok*	Fitness Studio
10:00 a.m.	Active Folks*	Aerobic Studio
10:15 a.m.	Cycling*	Cycling Studio
4:45 p.m.	Zumba	Fitness Studio
5:45 p.m.	Cardio Kids (45 min)*	Fitness Studio
5:45 p.m.	T.B.C.*	Gym/Fitness Studio
5:45 p.m.	Cycling*	Cycling Studio
6:00 p.m.	Dance Energy*	Aerobic Studio
7:00 p.m.	PiYo*	Fitness Studio

TUESDAY

5:45 a.m.	PiYo	Fitness Studio
8:00 a.m.	ABC's	Fitness Studio
9:00 a.m.	Gliding/BOSU (45 min)*	Fitness Studio
9:45 a.m.	Zumba*	Fitness Studio
12:45 p.m.	Zumba Gold*	Fitness Studio
5:30 p.m.	Step N Tone*	Aerobic Studio
5:30 p.m.	Cardio Boxing*	Fitness Studio
6:00 p.m.	Total Fam. Tuneup*	Gym
6:30 p.m.	Cycling*	Cycling Studio
6:30 p.m.	Rep Reebok*	Fitness Studio
7:30 p.m.	Zumba*	Fitness Studio

WEDNESDAY

5:45 a.m.	T.B.C.	Fitness Studio
5:45 a.m.	Cycling	Cycling Studio
8:00 a.m.	Zumba	Fitness Studio
9:00 a.m.	Step Express (½ hr)*	Fitness Studio
9:30 a.m.	Cycling*	Cycling Studio
9:30 a.m.	Rep Reebok*	Fitness Studio
10:00 a.m.	Active Folks*	Aerobic Studio
5:30 p.m.	Fam. Zumba (45 min)*	Fitness Studio
5:45 p.m.	Joe's Like Pros*	Gym/Fitness Studio
5:45 a.m.	Cycling*	Cycling Studio
6:30 p.m.	Zumba*	Gym
7:00 p.m.	PiYo*	Fitness Studio

*Child care available at Kidz Korner.
See page 6.

THURSDAY

5:45 a.m.	PiYo	Fitness Studio
8:00 a.m.	ABC's	Fitness Studio
9:00 a.m.	Gliding/BOSU (45 min)*	Fitness Studio
9:45 a.m.	Zumba*	Fitness Studio
12:45 p.m.	Zumba Gold*	Fitness Studio
5:30 p.m.	Step N Tone*	Aerobic Studio
5:30 p.m.	Cardio Boxing*	Fitness Studio
6:30 p.m.	Cycling*	Cycling Studio
6:30 p.m.	Rep Reebok*	Fitness Studio
7:30 p.m.	Zumba*	Fitness Studio

FRIDAY

5:30 a.m.	Cycling	Cycling Studio
5:45 a.m.	T.B.C.	Fitness Studio
9:00 a.m.	Cardio Boxing*	Fitness Studio
9:30 a.m.	CORE-DINATION*	Aerobic Studio
10:00 a.m.	Rep Reebok*	Fitness Studio
10:00 a.m.	Active Folks*	Aerobic Studio
10:15 a.m.	Cycling*	Cycling Studio

SATURDAY

8:00 a.m.	T.B.C.	Fitness Studio
9:00 a.m.	Cycling*	Cycling Studio
9:00 a.m.	Fam. Boot Camp*	Gym
9:30 a.m.	Zumba*	Fitness Studio

SUNDAY

10:00 a.m.	Zumba	Fitness Studio
11:00 a.m.	Sculpt-N-Spin (1.5 hr)	FS/Fitness Studio

Hempfield Rec Center Is Where You Belong!

Members and Non-Members
FREE TO MEMBERS—Cardio & Cycling
Classes for Fitness & Combination members.
Racquet & Pool members must pay \$45 per
session.

Cycling Classes—call the day before to reserve
a bike.

Non-Members:

Cardio Classes—\$70 R/\$80 NR per session
Cycling Classes—\$80 R/\$90 NR for two
specified classes per week.

See Group Cycling Program Page 31

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BODY POWER CLASSES

Classes designed to build strength and endurance.

♥ REP REEBOK

♥ TOTAL BODY CONDITIONING

♥ CARDIO BOXING

♥ JOE'S LIKE PRO'S

Bringing out the athlete in everyone; athletic cardio, agility and solid core progressions. Develop your weaknesses and heighten your strengths in this motivating workout.

♥ SCULPT N SPIN

This ½ hour strength training class followed by a 1 hour group cycling class will surely get your heart pumping.

♥ GLIDING/BOSU

Sliding discs make exercise movements into smooth and flowing motions while BOSU gives you a reactive surface helping you achieve core stabilization throughout the range of motion.

MOVE TO THE MUSIC

Choreographed classes with dance movements and strength training.

♥ DANCE ENERGY

♥ **ZUMBA** Let's face it—working out can be fun and beneficial. This one-hour calorie-burning, heart-racing, muscle-pumping, body-energizing workout uses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout. Get the party started!

STEP TO THE MUSIC

Step routines with strength training.

♥ STEP N TONE

♥ STEP EXPRESS (30 Minutes)

CORE & MORE

Classes designed to increase flexibility and strength. Work the core and stabilize.

♥ **CORE-DINATION** Effectively train your abdominals and low back musculature to coordinate and maintain a stable core during movement and exercises.

We are always looking for new classes and suggestions on how to make our program better. If you have any ideas, please send them to Jeff Book at jbook@hempfieldrec.com.

LOW INTENSITY-LITE FITNESS

Classes designed for the older population or first-time exerciser.

♥ ACTIVE FOLKS

A class designed for our Masters population to increase endurance, flexibility and strength.

♥ ABC'S

(A BASIC CONDITIONING SERIES)-Women mid-30s to mid-60s: strengthen your bones, tone/firm your muscles, shed some fat, improve your flexibility and even reverse the effects of aging.

♥ ZUMBA GOLD

A series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in Zumba and bring them to the active older adult, the beginner participant and other special populations that may need modifications for success. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding, active older population.

♥ PIYO

This group exercise class is designed to teach basic Pilates/Yoga movements. The mixture of Pilates and Yoga includes modifications for the group exercise class but offers progressions designed to challenge all levels of participants. The combination of both forms of exercise helps improve muscle tone, body balance, and flexibility.

FAMILY FITNESS

Classes designed for the whole family ages 6 through adult. Parents and children can work out together. All children must be accompanied by an adult.

♥ CARDIO KIDS

A great cardiovascular workout using a combination of Hip Hop, Kickboxing, and other cardiovascular exercises.

♥ TOTAL FAMILY TUNE UP

Low Intensity total body workout using jump ropes, steps, balls, bands, parachutes and much more. Come work out as a family and get the total family tuned up.

♥ FAMILY ZUMBA

Zumba class for the whole family.

♥ FAMILY BOOT CAMP

Group exercise class using calisthenics, circuit training, relays, races, and much more.

For more information, contact Jeff Book at jbook@hempfieldrec.com.