

Fitness

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

Group Exercise Schedule

#9909 Aug. 16–Sept. 12 • #10242 Sept. 13–Nov. 7 • #10243 Nov. 8–Jan. 2

All classes are subject to change.

MONDAY

5:30 a.m.	Cycling	Cycling Studio
5:45 a.m.	T.B.C.	Fitness Studio
8:00 a.m.	Zumba	Fitness Studio
9:30 a.m.	Step Express (½ hr)*	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
4:45 p.m.	Zumba*	Fitness Studio
5:30 p.m.	Cardio Kids (45 min)* (Family Fitness Class #10243)	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.	Cardio Boxing*	Fitness Studio
5:45 p.m.	Step N Tone*	Aerobic Studio
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
9:30 a.m.	Step Express (½ hr)*	Fitness Studio
9:30 a.m.	Cycling*	Cycling Studio
10:00 a.m.	Rep Reebok*	Fitness Studio
10:00 a.m.	Active Folks*	Aerobic Studio
4:45 a.m.	Gliding/BOSU (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.

*#9909 Aug. 16–Sept. 12, 6 p.m. start

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
5:45 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 (45 min)* (Family Fitness Class #10243)	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 \$50 per session.
Cycling Classes—call the day before to reserve a bike.

Non-Members:

Cardio Classes—\$80R/\$90NR per session.

Cycling Classes—two specified classes per week.

See Group Cycling Program Page 34.

#9793 Aug. 16–Sept. 6; \$40R/\$50NR

#10179 Sept. 13–Nov. 7; \$80R/\$90NR

#10180 Nov. 8–Jan. 2; \$80R/\$90NR

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CALL US AT 717-898-3102

Fall 2010

Fitness

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

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® 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 and stabilize the core.

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

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, Zumba and many other fun cardiovascular exercises.

♥ **FAMILY BOOT CAMP®** Group exercise class using calisthenics, circuit training, races, and much more.

LOW INTENSITY-LIFE 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.



See page 21
for
Zumba Special Events!

♥ 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.

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