



# SCHEDULE 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45am *CYCLE Kim	6:00am Pilates / Patricia	5:45am *CYCLE Jen W.	6:00am EARLY RISER Linda		
6:00am EARLY RISER Linda						
8:00 - 8:50am *CYCLE Kristie	6:45am Yoga Sybil	8:00-8:50am *CYCLE Kristie	6:45am Yoga Sybil	8:00-8:50am *CYCLE Julie		
	8:15am AB LAB Heidi		8:15am AB LAB Heidi			
8:15am Men's Yoga Meg B 4/9-6/11/2012		8:30am Yoga Meg B		8:15am Seasonal Yoga Meg B 4/13-5/18/2012		
	8:30am CARDIO COMBO Heidi	8:55-9:10am AB LAB Kristie	8:30am CARDIO COMBO Heidi	8:55-9:10am AB LAB Julie	8:45am-10:00am CARDIO or CYCLE WORKOUT Instructor TBA	
9:00-10:00pm SUPER CIRCUIT Chavalla	9:45-10:45am B.A.C.E Linda	9:00-10:00am SUPER CIRCUIT Chavalla	9:45-10:45am B.A.C.E Linda	9:00 - 10:00am SUPER CIRCUIT Chavalla		
9:15am Group Strength Training Kristie	12:00-12:50pm *CYCLE Matt	9:15am Group Strength Training Kristie	12:00-12:50pm *CYCLE Kim	9:15am Fat Burner Julie		
12:00pm VINYASA FLOW Jill K	5:00-5:25pm Butts & Gutts Mary	12:00pm VINYASA FLOW Jill K		12:00pm VINYASA FLOW Heidi	10:15am-11:30am YOGA Instructor TBA	
	5:30-6:20pm *CYCLE Mary					3:00-4:00pm KICK IT UP! Zaira
5:15-6:15pm BOOT CAMP Matt	5:45pm Restorative Yoga Heidi R	5:30-6:30pm ZUMBA® Sarah	5:00-5:25pm Arms and Waist Mary			
	6:30-7:30pm T.B.W Mary		5:30-6:20pm *CYCLE Mary	5:30-6:30pm ZUMBA® Dance Party Sarah		2:45-3:45pm Core Flow Yoga Joe
			5:45pm Restorative Yoga Heidi R			
	7:15-8:30pm Core Flow Yoga Joe	7:15-8:30pm Core Flow Yoga Joe				

Reminder: Class schedule and instructors are subject to change

www.hrsportsclub.com

\* Attendance Policy: We want to offer a wide variety of classes to our members, however if attendance remains below 5 for a period of 3 weeks; we will cancel, change times or change the day the class is offered.

Cycle cancellation: A.M Cycle classes will be cancelled by 8:00pm the evening before if less than 50% of the bikes are reserved. Noon/Evening Cycle Classes will be cancelled 3 hours before the start of class if less than 6 bikes are reserved

## Group Fitness Class Descriptions

**Please honor our no cell phone policy during class and for the courtesy of our fragrance sensitive members, please refrain from wearing perfume. Thank you.**

**EARLY RISER:** A moderate, early morning step class designed to get the blood pumping!

**CYCLE:** Group Cycling encourages intervals of anaerobic training to challenge the most fit. However, everyone is encouraged to work within his or her own fitness level. Truly a class that everyone can enjoy.

**AB LAB:** Drop in for this intense 15-minute torso training class, which is meant to compliment the workout of your choice. It will focus on abdominal and lower back strengthening.

**GROUP TRAINING:** This 60 minute class combines strength training, core conditioning, ply metrics, cardio intervals and sports specific stretching. This is non-choreographed class, anyone can perform the moves and exercises include in the class. We will be utilizing weights, resist-a-ball, weighted bars and the step.

**SATURDAY SURPRISE:** The format and instructor varies each week.

**FAT BURNER:** An hour of intense low-impact cardiovascular training combining floor and/or step aerobics w/light hand weights. This class will vary in format to include: intervals of weights training and cardiovascular training intermittently. This class concludes with slow stretch to improve balance, strength, and flexibility.

**STEP & STRENGTH:** One hour class including a variety of intermediate step choreography and sculpting with hand weights and exercise tubes. This class will test your endurance on Thursday mornings: join Heidi on Wednesday mornings for a great workout.

**PURE CARDIO:** An hour of intense high/low impact cardiovascular training. The focus will be to elevate one's heart rate and maintain it throughout the workout. This class promises to be challenging utilizing light hand weights, floor work and the step.

**B.A.C.E.:** This workout incorporates dynamic balance, using balls and weights to strengthen your abdominals and back. You will learn the techniques for stabilization and recruitment of all your muscle groups. It will balance your body giving you better posture and help you to feel better than ever!

**SUPER CIRCUIT:** This is a 60 minute weight class that included cardio intervals. This class is held in the Weight Room.

**BOOT CAMP:** Non-Choreographed class, strength and cardio intervals.

**T.B.W.:** Total Body Workout...Class includes: strength, toning, and core.

**POWER YOGA:** An Ashtanga/Vinyasa style of Yoga that places emphasis on strength, flexibility, and balance, as well as nurtures the desire for self-discipline, and has the same potential of emulating a rigorous full-body workout using only the weight of your body, your breath, and gravity. Join Joe for this great class!

**ZUMBA:** Zumba is the most fun you can have sweating! An hour cardio class of latin and international infused music with heart-pumping dance moves. Come join the party with Sarah!

**VINYASA FLOW:** A basic yoga class designed for all levels. Participants are encouraged to work at their own level in this one hour class.

**RESTORITIVE YOGA:** A dynamic class of movement to integrate mind, body, spirit. The focus is to build inner awareness and outer power. Instructor: Heidi Ribkoff

**WEDNESDAY 8:30AM YOGA:** A general yoga class, which focuses on the precision of poses and the individual body. The hatha style here is slower to gain both flexibility and core strength. Instructor: Meg Becker

**MEN'S YOGA:** Yoga designed especially for the male physique. It caters to flexibility and stress reduction. Instructor: Meg Becker

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