

HOMETOWN

Health and Fitness

Class Schedule: Effective Tuesday, 9/1/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Total Body Fitness (Small Group) 8:30a-9:30a Joe	Total Body Fitness (Small Group) 8:30a-9:30a Joe	Total Body Fitness (Small Group) 8:30a-9:30a Joe	Total Body Fitness (Small Group) 8:30a-9:30a Joe	Total Body Fitness (Small Group) 8:30a-9:30a Joe	Spinning 7:30a-8:15a Steve	Pump It Up 7:30a-8:15a Julie
Mash-up 9:30a-10:15a Katie	Step Fusion 9:30a-10:15a Frank	Work-It Circuit 9:30a-10:15a Julie	Turbo Kick 9:30a-10:15a Tamara	BARRE 9:30a-10:15a Tamara	Hip Hop 8:30a-9:15a Alexia	Mash-up 8:30a-9:15a Kim
Total Body Fitness (Small Group) 3:30p-4:30p Joe	Total Body Fitness (Small Group) 3:30p-4:30p Joe	Total Body Fitness (Small Group) 3:30p-4:30p Joe	Total Body Fitness (Small Group) 3:30p-4:30p Joe	Total Body Fitness (Small Group) 3:30p-4:30p Joe		
Spinning 5:45p-6:30p Steve	Pump It Up 5:30p-6:15p Julie	PiYo 4:30p-5:15p Kim	Pump It Up 5:30p-6:15p Julie			

Reservation required for all **Group Fitness** classes by calling the club no more than 24 hours before the scheduled class time.

Class Descriptions

- **BARRE:** Hybrid workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.
- **Hip Hop:** Dance your way to fit as you learn some of the hottest dance routines. You'll be having so much fun dancing that you'll forget you're actually working out!
- **Mash-up:** A blend of formats to keep the body guessing! Variety of formats include: kickboxing, BARRE, PiYo, cardio intervals and resistance training.
- **PiYo:** Strength training using bodyweight exercises mixed with yoga postures in a flow format.
- **Pump It Up:** Strength exercises using weights and bodyweight mixed with functional training moves to make you fitter and stronger. Always set to an amazing playlist!
- **Spinning:** Ride through flatlands, hills and so much more in this challenging cardio workout.
- **Step Fusion:** Basic step aerobics combined with simple cardio intervals that will have you sweating and moving in this fun class!
- **Total Body Fitness (Small Group):** Get into the best shape of your life using high-intensity circuits to sculpt and shape the entire body!
- **Turbo Kick:** Fusion of hip hop, kickboxing and dance moves all choreographed to high energy and motivating music!
- **Work-it Circuit:** Circuit-style class designed to burn calories and build lean muscle.