

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:30 am ■ Cycle Express (B) Patsy	5:45-6:45am Cardio & Weights (A) Patsy	5:45-6:45am Toning (A) Laretta	5:45-6:45am Cardio & Weights(A) Patsy	5:45-6:30am ■ Cycle Express (B) Patsy	9:00-10:00am Swim Clinic (P) Lenetta
6:30-7:30am ▲ H.I.I.T. (A) Rodney	7:00-8:00am Yoga (B) Deborah	6:30-7:30am ▲ H.I.I.T. (A) Rodney (meet on track)	7:00-8:00am Yoga (A) Lyn	8:15-8:45am HFHS Ball & Balance Training (A)	10:30am-11:30am Senior Bash (P) Hazel/Lenetta
8:15-9:15am HFHS Basic Calisthenics (A)	9:00-11:00am HFHS Chair Aerobics 1 & 2 (A)	8:15-9:45am HFHS Resistance Training Basics (A)	9:00-10:00am HFHS Gentle Yoga (A)	9:00-10:00am H.I.I.T. (A) Rodney	8:30-9:30am Pilates Mat (A) Lyn
9:30-11:00am HFHS Chair Aerobics (A)	9:30-10:30am Senior Bash (P) Hazel	9:00-10:00am Senior Bash (P) Hazel	9:30-10:30am Senior Bash (P) Hazel	9:00-10:00am Senior Bash (P) Hazel	9:30-10:30pm ★ ONCOLOGY YOGA Lyn (A) (patients only)
9:00-10:00am HFHS Cardiac Care- Upper Body (B)	10:30-11:30am Aqua Tone (P) Hazel	10:00-11:00am Aqua Tone (P) Hazel	10:30-11:30am Aqua Tone (P) Hazel	10:00-11:00am Aqua Tone (P) Hazel	10:30-11:30am Bootcamp (A) Eric
9:00-10:00am Senior Bash (P) Hazel	11:00-11:45am Chair Yoga (A) Gail/Deborah	10:00-11:00am Aqua Tone (P) Hazel	11:00-12:00pm Chair Yoga (A) Gail/Deborah	10:30-11:30am Hustle (A) Thomasenia	10:30-1pm ★ Hustle (B) Thomasenia
10:00-11:00am Aqua Tone (P) Hazel	11:45-12:45pm Balls & Weights (A) Hazel	11:30-12:30pm HFHS Water Aerobics (P)	11:45-12:45pm Balls & Weights (A) Sheila	12:00-1:00pm Toning (A) Laretta	12:00-1:00pm African Dance (A) Crettia
11:00-12:00pm Toning (A) Laretta	12:30pm-1:30pm ★ Hustle (B) Thomasenia	10:45-11:45am Detroit Style Ballroom Dancing (A) Curtis	5:30-6:30pm Step 101 (A) Veronica	1:30-2:30pm Yoga (A) Gail	1:00-2:00pm African Dance Rehearsal (A) Crettia
12:30-1:30pm Yoga (A) Gail/Deborah	1:00-2:00pm ★ ONCOLOGY YOGA (patients only) Lyn (A)	12:30-1:30pm Yoga (A) Gail/Deborah	6:30-7:30pm Toning (B) Laretta	5:15pm-6:15pm Aerobics/Step (B) Sidney	Sunday Currently there are No schedule classes (rev 1/10/2017)
5:30-6:30pm Balls & Weights (A) Veronica	5:30/6:15pm (start time alternates) Box Aerobics (A) Dorothy/Sidney	1:30-3:00pm Yoga for MS (B) Deborah	6:30-7:30pm Ballroom 1 (A) Cornell	6:30-7:30pm Barre (A) Tracy	<div style="border: 1px solid black; padding: 5px;"> <p>(A): Studio A (B): Studio B (P): Pool (RB): Racquet Ball (G)Gymnasium (FF): Fitness Floor</p> </div>
6:30-7:30pm Box Aerobics (A) Mark	5:30-6:30pm Beginner/Intermediate Pilates (B) Lyn	5:30-6:30pm Bootcamp (A) Eric	6:30-7:30pm ▲ H.I.I.T. (FF) Rodney (meet on track)		
6:30-7:30pm Aqua Aerobics (P) Veronica	6:30-7:30pm ■ Studio Cycling (B) Mark	5:15-6:15pm Balls & Weights (B) Dorothy	7:30-8:30pm Ballroom 2 (A) Cornell		
6:30pm-7:30pm Step It Up (B) Randy	6:30-7:30pm ▲ H.I.I.T. (FF) Rodney (meet on track)	6:15pm-7:15pm Cycle & ABS (B) Sidney	<div style="border: 1px solid black; padding: 5px;"> <p>Facility Hours</p> <p>M-Th 5:30a-9p Fri 5:30a-8p Sat 8a-5p Sun 12p-5p *Pool closes 30 minutes before facility closes</p> </div>		
7:30-8:30pm Bootcamp (A) Eric		6:30-7:30pm Aqua Aerobics (P) Dorothy/Lenetta			
7:30-8:30pm Yoga (B) Deborah		6:30-7:30pm Barre (A) Tracy			

Sign-up for cycling at the
 Welcome Desk 30 minutes prior to
 class start time to reserve your bike.
 See class description before
 attending.
 New Class, Instructor, Time, or
 Location.
 Fee Based Class
 HFHS CLASSES- please exclude PT

Group Fitness Class Descriptions

Abs and Back - 30 Minutes. This class provides greater flexibility, fitness strength and power for the body's core.

African Dance- Want to learn cultural dance steps? It's fun and also a great workout.

Aqua Aerobics- 60 Minutes. This great water workout is lower impact on the joints. It incorporates water tools that increase cardio and toning benefits.

Barre: 60 Minutes of high intensity combination of cardio, sculpting and flexibility exercises designed to target the core and lower body.

Ballroom Dance - 60 Minutes. Learn the basic and traditional steps in Ballroom 1. For more advanced movers, there is Ballroom 2.

Belly Dance- 60 Minutes. A fun and fancy Middle Eastern style of dancing. You move your arms, hips and abdomen for an overall great body workout.

Boot Camp- 60 Minutes. If you are ready to maximize your calorie burn in the shortest amount of time, challenge your mind and body and have fun....this is a class for you!

Box Aerobics- 60 Minutes. A non-contact class that combines techniques of aerobics, kicks for lower body, karate, abdominal exercises, body sculpting, weight training, stretching and cool down.

Cardio and Weights- 60 Minutes. This efficient and balanced cross-training class provides both your cardiovascular workout and your "Basic Training".

Chair Yoga- 60 Minutes. Not able to get on the floor? No problem! Learn to stretch and breathe right from your chair.

Cycling- 60 Minutes. Ride into high gear with this incredibly exhilarating cycling class on stationary bikes. Sprints, hill climbs, and cardio drills are just a few of the challenges waiting for you.

Cycle Express- 45 Minutes. Get your ride on before you start your work day! Sprints, hill climbs, and cardio drills are just a few of the challenges waiting for you before

Detroit Style Ballroom Dancing- 90 Minutes. Learn the smooth yet invigorating Detroit style of ballroom dancing.

Hustle- 60 Minutes. A great combination of dance moves to get all of the muscles in your body in action and moving in multiple directions. Great for coordination and just simply a great workout with your fellow members.

High Intensity Interval Training H.I.I.T CLASS
HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

Pilates Mat - 60 Minutes. A combination of gymnastics, yoga and breath work. Emphasizes core control and proper body movement.

Power Step- 60 Minutes. This class is designed for those who want a great workout with a variety of powerful choreography for the step

Senior Bash- 60 Minutes. This low impact class is performed in our shallow (maximum 4 feet) pool. Enjoy the cool, but hot moves such as the Cha Cha, mambo, jazz & hip-hop movements combined with aqua toys such as the step and weights.

Step 101- 60 Minutes. A class for the beginner emphasizing basic stepping techniques. If you want a basic class concentrating on form, this is it.

Step It Up- 60 Minutes. If you are beyond the basics of step and ready for the next level, come and experience a combination of step and cardio like no other.

Yoga- 60 Minutes. This Hatha based class is the ancient form of movement that promotes balance, flexibility and strength through various postures and breathing techniques. It is beneficial for relieving stress and improves your overall sense of well-being.

Zumba/ Zumba Toning- 60 Minutes. Zumba fuses Latin, R&B, and hip-hop dance movements that are set to uplifting and energetic rhythms. **Toning**: When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high energy cardio work with Zumba moves to create calorie-torching, strength-training dance fitness-party.