

H-F Racquet & Fitness Club | Spring Fitness Classes

Spring 2018

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training	Group Fitness	Small Group Training
Early Bird Spin (Michelle) 5:30-6:15 am	TRX \$ 6-6:45 am Session Start dates: 2/26, 4/9		TRX Bootcamp \$ 6-6:45am Session Start Dates: 2/27, 4/10	SHRED (Amy) 6-6:30 am			TRX Bootcamp \$ 6-6:45 am Session Start dates: 3/1, 4/12	Spin/Sculpt (Amy) ** 6 - 7am			Spin (Michelle) ** 7:00-7:55 am
Spin (Amy)** 8:30 - 9:25 am		Total Body Tuesday (Tricia) 9-9:45am	Barre \$ 8am Session Start Dates: 2/27, 4/10	Spin/Sculpt/Flex (Anne)** 8:30 - 9:25 am	session start date: 4/4 TRX and More \$ 8:30am Session Start dates: 2/28, 4/11	Pilates (Janet) 8 - 8:55 am	New! All About the Core \$ 9:15-9:45am Session Start dates: 3/1, 4/12	Spin (Harry)** 8:30 - 9:25 am		Step (Janet) 8:00 - 8:55 am	
Aqua Zumba (Denise)* 9 - 10 am	TRX \$ 9:30am Session start date: 2/26, 4/9			Aqua H.E.A.T. (Denise)* 9 - 10 am		TBT (Shelley) 9 - 9:55 am		Aqua H.E.A.T. (Denise)* 9 - 10 am		Muscle Pump (Tricia) 9:00 - 9:55am	Weekend Warrior \$ 9:00 AM
Pilates (Liz) 9:30 - 10:25 am		Zumba® (Gigi) 10 - 10:55 am		Vinyasa Yoga (Tricia) 9:30 - 10:25am	Barre \$ 9:30am Session Start dates: 2/28, 4/11	NEW! WERQ™ (Rose) 10 - 10:55am	Yoga Basics \$ 9:30 AM Session Start dates: 3/1, 4/12	Zumba® (Edy) 9:30-10:25 am	TRX \$ 9:30am Seesion start dates: 3/2, 4/13	Vinyasa Yoga (Cherie) 10:00-10:55am	Session start dates: 3/3, 4/14
PrimeTime & Stretch (Maureen) 10:30-11:30		Aquacize (Joy)* 10-11 am		PrimeTime (Tammy) 10:30 - 11:25am		Aquacize (Joy)* 10 - 11 am	New! Better Balance \$ 9:45-10:15am Session Start dates: 3/1	PrimeTime (Shelley) 10:30 - 11:25am		Sunday	
Silver Splash (Denise)* 1 - 1:45 pm		Vinyasa Yoga (Karen) noon-1pm		Silver Splash (Denise) * 1 - 1:45 pm						Group Fitness	
										Spin (Staff) ** 8:30 - 9:25 am	
		Silver Sneakers® Classic 2 - 3 pm				Silver Sneakers® Classic (Jeffrey) 2 - 3 pm					Cardio Tennis \$ 9-10am session start date: 4/1
POUND (Rose) 5:30-6:15pm		Zumba® Step (Lauren) 5:30 - 6:25pm		Muscle Pump (Shelley) 5:30 - 6:25pm							
Aqua Power (Denise)* 6:15 - 7:15 pm		Spin (Leah)** 6:30 - 7:25 pm		Yoga Fundamentals (Jeffrey)** 6-7 pm (mind/body studio)		Spin (Amy)** 5:30 - 6:25 pm					
Be Strong (Mary) 6:30 - 7:25 pm	Cardio Tennis \$ 7-8pm session start date: 4/2	Core and More (Barb) 7:30 - 8:30pm		Zumba® (Edy/Josi) 6:30 - 7:25 pm		Vinyasa Yoga (Cherie) 6:30-7:25 pm		Friday Night Yoga Flow (Tammy) 6:30-7:30pm			
\$ Kickbox Blast drop in 7:30pm \$5M/\$12/NM											

