

# H-F Racquet & Fitness Club Group Classes July/August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Spin 5:30-6:15a Michelle	5a-9a	30 min H.I.I.T. 6-6:30a <i>VIRTUAL</i>	5a-7:45a	*Spin/Sculpt 6:6:55a Tricia (7/13-8/17)	*Spin 7-7:55a Michelle	*Spin 8:30-9:25a Staff
<b>TRX Bootcamp \$</b> 6-6:45a Amy	Total Body 9-9:45a Tricia	*Spin/Sculpt/Flex 8:30-9:25a Shannon	Pilates 8-8:55a Janet	<b>TRX Bootcamp \$</b> 6-6:45 Amy	Step 8-8:55a Janet	BODYPUMP 9:45-10:15a Les Mills
<b>Barre \$</b> 7:30a Amy	Aqua Power 9-9:55a Tamie	<b>TRX and More\$</b> 8:30-9:15a Christina	TBT-Hi-Lo/Step 9-9:55a Shelley	<b>Barre \$</b> 7:30a Amy	Muscle Pump 9-9:55a Tricia	Pilates 10:30-11:25a Nancy
*Spin 8:30-9:25a Amy	Zumba 10-10:55a Gigi	Aqua HEAT 9-10a Denise	<b>All About Core\$</b> 9:15-9:45a Jared	*Spin 8:30-9:25a Harry	Vinyasa Yoga 10-10:55a Cherie	11:30a-4:45p
Aqua Zumba 9-10a Denise	Aquacize 10-10:55a Sandra	Vinyasa Yoga 9:30-10:25a Tricia	WERQ 10-10:55a Rose	Aqua HEAT 9-10a Denise	11a-4:45p	
<b>TRX \$</b> 9:30-10:15a Amy	Vinyasa Yoga 12-1p Karen	Primetime 10:30-11:225a Tammy	Aquacize 10-10:55a Tricia/Shannon	<b>TRX \$</b> 9:30-10:15a Amy	<p>All classes are free with membership with the exception of those in <b>RED</b>. Please see the HFPD seasonal brochure or website for information on fees and dates.</p> <p><b>KEY</b></p> <p>Group Exercise Studio</p> <p>Pool</p> <p>→Group Exercise studio open for Virtual Classes <b>SWIPE, CHOOSE and MOVE!</b></p> <p>Fee Based Class</p> <p>* requires sign up at front desk</p> <p>** meets in mind/body studio</p> <p>***non-member drop in fee \$12</p>	
Pilates 9:30-10:25a Maureen	Silver Sneakers Classic 2-3p Sandra	11:30a-2:15p 3:30-5:30p	11a-1:30p 3-5:30p	Zumba 9:30-10:25a Edy		
Primetime 10:30-11:25a Shelley	3-5:30p	Silver Splash 1-1:45p Sandra	Silver Sneakers Classic 2-3p Jeffrey	Primetime 10:30-11:25a Maureen		
11:30a-2:15p 3:30-5:30p	Zumba Step 5:30-6:25p Lauren	New! Chair Yoga 2:30-330p Jeffrey (starts 7/11)	RPM 5:30-6:15p Les Mills	Silver Sneakers Classic 11:45a Maureen		
Silver Splash 1-1:45p Denise	*Spin 6:30-7:25p Leah/Harry	Muscle Pump 5:30-6:25p Shelley	Vinyasa Yoga 6:30-7:25p Cherie	1p-6:15p open for virtual class		
New! Chair Yoga 2:30-330p Jeffrey (starts 7/9)	Core and More 7:30-8:30p Barb	**Yoga Fundamentals 6-6:55p Jeffrey	7:30-10:15p	Yoga Flow 6:30-7:25p Tammy		
POUND 5:30-6:15p Rose	8:30-10:15p	Zumba 7-7:55p Sarah/Josi				
Aqua Power 6:15-7:15p Tamie		8-10:15p				
Be Strong 6:30-7:25p Mary						
***Kick Box Blast 7:30-8:20p Tammy NM drop in \$12						

2920 W. 183rd Street, Homewood Il  
708-799-1323  
hfracquetandfitness.com



→ anytime live classes aren't scheduled the studio is open for virtual classes

## CLASS DESCRIPTIONS

### AQUACIZE

The pool is your tool to cardiovascular fitness! An innovative, fun water workout with easy-to-follow choreography.

### AQUA H.E.A.T.

High Energy Aqua Training! Get ready to rock the water! Mix cardio dance & strength training with water's natural resistance to create a high energy, joint saving, pool workout.

### AQUA Power

A higher intensity aqua and muscular workout. Large range of motion stressed to improve fitness. Intervals will be incorporated to boost metabolism.

### CORE & MORE

Start at the center & work out – functional strength training & stretching using body weight, bands, dumbbells & a stability ball. Ideal for all fitness levels, you will challenge your balance while improving your overall

### CHAIR YOGA

Chair yoga, like regular yoga practice, increases flexibility, strength, balance, and breathing techniques to promote body awareness, mental clarity and relaxation.

Yoga postures are performed while seated and standing with a chair to assist those with balance issues or difficulty getting down to and up off of the floor. It's a great class for beginners or anyone who wants to enhance their quality of daily living

### Be STRONG®

Non-dance strength training class that challenges both men and women. Format will include weights, core, some intervals and body weight exercises in order to target the major muscle groups. Please arrive on time

### MUSCLE PUMP

We'll use all the toys for this resistance training class! We'll work all the major muscle groups using dumbbells, barbells, balls & bands. You chose what weights to use so all fitness levels are incorporated.

### POUND SWEAT. SCULPT. ROCK.

This latest fitness trend includes a cardio jam session, muscle and core work inspired by the infectious, energizing and sweat dripping fun of playing the drums. Ripsticks available!

### PILATES

Mat classes are for all fitness levels. Pilates coordinates mind, body and breath to develop strong, lean abdominal and back muscles, as well as improve posture, increase flexibility and increase body awareness

### SPIN/SPIN & STRENGTH

This class is indoor cycling at it's best. Experience a variety of "rides" with hills sprints and jumps. Spin & Strength features a shorter ride and strength portion. **Space is limited, please sign up at the Welcome Center.**

### TOTAL BODY TUESDAY

This 45 minute fusion class has it all: strength, muscular endurance and cardio intervals. Get ready to use free weights, glides, and more.

### SILVER SNEAKERS SPLASH®

Activate your exercise urge for variety! Class offers lots of fun shallow water, low-impact moves to improve agility, flexibility and cardiovascular endurance

### VINYASA YOGA

This flowing yet challenging Yoga class is based on a series of poses called Sun Salutations, which are linked together with the breath. The poses will increase your strength and flexibility and the breathing techniques will calm your mind and body.

### STEP

A high intensity yet low impact workout using a platform and adjustable risers. Move up, down over and around the step for a great cardio workout.

### YOGA FUNDAMENTALS

Yoga fundamentals group fitness class is **for beginning and experienced** HF yogis (and would be yogis) who would like to learn and practice the bio-mechanics of yoga poses & movements.

### SILVER SNEAKERS CLASSIC®

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support

### TBT (Throwback Thursdays)-Hi Lo Step

We are going **RETRO** on Thursdays using aerobics and step moves. This high energy but low impact class is made up of easy to follow pattern based choreography. High impact layers will be offered in short bursts to challenge the more experienced exerciser. Class will finish with a variety of strength or ab work.

### PRIME TIME (STRETCH, STRENGTH, FLEXIBILITY)

Join us for 30 min. of basic, low-impact aerobics to increase your stamina and burn calories. Toning and weight-training exercises will strengthen your muscles and improve your balance. Great for beginners or mature exercisers. Final 30 min varies with day of week. Mon - Wed. - Strength; Fri. - Flexibility

### WERQ™

Join Rose for the wildly addictive cardio dance class, WERQ! WERQ (pronounced "work") is the fiercely fun dance fitness workout based on pop and hip hop music

### ZUMBA®

Add some spice and flare to your workout! This class combines high energy and motivating music with unique moves and combinations that allow you to dance your worries away! No dance experience is required for this salsa-based cardio class.

YOGA FLOW-Tammy will take you through an intermediate to advanced yoga practice. Be prepared to sweat and flow.

KICKBOX BLAST- Be ready to kick butt. We use a variety of equipment for some serious cardio kick drills and muscle work.

**NEW! Virtual Classes from Les Mills and Beachbody: COME WORKOUT "ON DEMAND" ANYTIME THERE ARE NO LIVE CLASSES IN THE STUDIO.**

**RPM**-Intermediate cycle class with chart topping hits

**BODYPUMP**- Barbell group class for strength.

**BODYFLOW**-The Best of Yoga Tai Chi and Pilates for Intermediate exercisers.

**BODYCOMBAT**-Kickboxing for cardio and strength.

**CXWORX**-30 minute express CORE class for a strong abs.