

**Group Fitness Drop-In**  
**\$2 per Class or**  
**12 punches for \$20**

**782.623.2658**

**Sr. Classes (55 & Over)**  
**\$1 per Class or**  
**11 punches for \$10**

# HRC GROUP FITNESS

<b>STRENGTH</b>	<b>CARDIO</b>	<b>LOW IMPACT</b>	<b>DANCE</b>	<b>RECOVERY</b>
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**STRENGTH** = focusing on toning and building muscle. This class is for those who enjoy higher impact and lifting weights.

**CARDIO** = an active class with continued movement. This class has high energy exercises that will help lower your resting heart rate and blood pressure.

**LOW IMPACT** = geared towards beginners or people with limitations. This class will show you how maximize your workout time with modify exercises.

**DANCE** = fun and energetic classes with choreography. Follow our instructor and enjoy your work out to the sound of your favorite music.

**RECOVERY** = a slow paced class centered on stretching and foam rolling. Learn how to reduce soreness and continue doing those daily activities you love.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	Size it DOWN Studio 1	Spin & Strength**/studio 2 Kettlebell Strength/studio 1	Size it DOWN Studio 1	Spin & Strength**/studio2 Kettlebell Strength/studio 1	Progression Studio 1	
5:30am	Grit Strength/Studio 1 Stability/Studio 2	(5:35am) S.W.E.A.T. Studio 1	Grit Strength/Studio 1 Stability/Studio 2	(5:35am) S.W.E.A.T. Studio 1	(5:35am) S.W.E.A.T. Studio 1	
6:00am					Hot Yoga Studio 2	
8:00am						New Year Bootcamp
8:15am	Fit Mix Studio 1		Fit Mix Studio 1		Step N' Pump Studio 1	
12:15pm	Yoga Chisel Studio 2	Body Blast Studio 1	Yoga Chisel Studio 2	Body Blast Studio 1		
1:00pm	Aged for Action Studio 1	Aged for Action Studio 1	Tai Chi Studio 2	Aged for Action Studio 1		
4:00pm	Spin & Strength** Studio 2		Spin & Strength** Studio 2			
5:30pm	Power Conditioning Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Cardio Conditioning Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Brute Force Studio 1	
5:45pm			Spin & Strength** Studio 2			
6:30pm	HARDCore Studio 1					
6:45pm		Total Body TRX Studio 2	Foam Rolling Studio 2	Total Body TRX Studio 2		