

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

STRENGTH	CARDIO	LOW IMPACT	DANCE	RECOVERY
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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	Total Body Kettlebell Studio 1	Spin & Strength**/studio 2 Tabata Strength/studio 1	Total Body Chaos Studio 1	Spin & Strength**/studio2 Tabata Strength/studio 1	Total Body Chaos Studio 1	
5:30am	Grit Strength/Studio 1 Stability/Studio 2	S.W.E.A.T. Studio 1	Grit Strength/Studio 1 Stability/Studio 2	S.W.E.A.T. Studio 1	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			
6:15pm					Mobility Studio 1	
6:30pm	HARDCore Studio 1					
6:45pm		Total Body TRX Studio 2	Foam Rolling Studio 2	Total Body TRX Studio 2		