

Class Key:

Cycle & Burn: High intensity cardio workout, incorporating positive energy, good music and the enjoyment of cycling. Cycle hard and fast and burn fat while having fun.

Hatha Vinyasa: Flow and Let Yourself Go. Finish off your day with this rejuvenating and revitalizing class, beginning with an asana flow and ending with restorative poses.

Indoor Cycling: Increase your heart rate, listen to some music and sweat the work week out with one of our certified instructors.

Kettlebell Cardio/ Kettlebell Strength: Build strength, speed, power, and cardio endurance using kettlebells, a centuries-old training tool originating in Russia. When swung properly by their thick handles, the round weights use nearly every muscle in the body to counteract momentum. Classes incorporate a combination of ballistic (explosive) swinging movements and more traditional press and squat exercises.

Kickbox Element: Fighter's have some of the toughest workout routines which comes to no surprise given that they must train sharp punching, kicking, and top-notch strength and endurance! In this class you will get the ultimate calorie-melting workout!

Long & Lean: Long & Lean will challenge your entire body from every angle. Class begins with total-body lengthening movements on the mat to build heat followed by strengthening exercises using bands, balls, blocks, and your own body weight in a circuit training sequence.

Mixed Martial Mindfulness: Curious about Taekwondo and other martial arts, this class is for you. Taekwondo develops strength, speed, balance, flexibility, stamina and self-confidence. Combined with centering and meditation techniques, this class will get you ready to take on the week!

Pilates Equipment: Pilates reformer, towers, ladder barrel and wunda chairs - oh my! Class capacity of only 4 people, reserve your spot in advance. Book online or with the receptionist. If waitlisted, you will be notified of a cancellation prior to class.

Pilates Fusion: Look for the basics of Pilates inspired instruction with emphasis on, length and alignment, exercise modifications, core strength and stability including abs, shoulders, and pelvis, integrated breathing, and a sense of the Pilates principles.

Pilates Mat: This simple but effective core workout will strengthen mind body and spirit. Utilizes Joseph Pilates' techniques with only minimal props and body weight.

Spintervals: Learn form and technique. Understand the relationship between RPMs and resistance. Workout that burns calories fast but you don't need your helmet ;)

Strength & Length: Build strength and release tension and lengthen your body with Pilates. A full body workout taught by a Pilates instructor. Great any day of the week! Appropriate for all levels and abilities including injuries and pregnancy (please

Stretch & Release: Foam rollers, pinky balls and therabands, oh my. Stretching not only feels good it is good for you!

Structural Flow: Class begins with a Sun Salutation and moves through strong standing poses, seated poses and restorative poses. Students are encouraged to become mindfully aligned in poses accessible for every body and every level, using yoga props and instruction. Appropriate for all levels and abilities including injuries and pregnancy (please consult instructor about any conditions).

Total Body Fit: A vigorous circuit class incorporating indoor cycling, kettlebells, agility exercises, hand weights, stability balls, steps, jump ropes, TRX, battle ropes, and more.

TronFit: Come give your body a challenge of true fitness in only 45 minutes with Andrew Buitron of TronFit. Class covers components of strength, conditioning, balance, plyometrics, agility, and coordination.

Vinyasa Yoga: Vinyasa: A challenging, vigorous practice, focusing on synchronization of breath with continuous flow of movement. Builds heat, endurance, flexibility, strength and mental focus, incorporating uplifting music.

Water Bootcamp: Intense, low-impact, 55-minute water workout using buoyant weights, water resistance, and gravity to tone your muscles and your heart in record time.

Class Policies:

1. Online Enrollment is available for each class using the MindBody website or mobile app. One hour or more advance notice is required for cancellation of all group classes. (Pilates equipment classes require 24 hour notice for cancellation.)
2. Please check in with reception prior to going to class.
3. Please mention any physical limitations or injuries to the instructor before class.
4. Be mindful of other classes happening or finishing up; please walk through the Pilates studio quietly.
5. Please silence your cell phone before entering class.
6. Life happens! But please don't enter class more than 10 minutes late.
7. Clean your equipment before and after use.
8. Please be considerate of your fellow class-goers and use deodorant.



GROUP CLASS SCHEDULE FOR HHF - OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR CYCLING OPEN LEVEL 6:00-6:55AM W/KIT	LONG&LEAN OPEN LEVEL 6:00-6:45AM W/CAITLIN	KETTLEBELL STRENGTH OPEN LEVEL 6:00-6:55AM W/BETHANY	INDOOR CYCLING OPEN LEVEL 6:00-6:55AM W/KEVIN	TOTAL BODY FIT OPEN LEVEL 6:00-6:55AM W/CAITLIN	INDOOR CYCLING OPEN LEVEL 7:00-7:50AM W/KEVIN	
PILATES MAT BEG/INT 9:00-9:55AM W/HANH	REFORMER BEG/INT 9:00-9:55AM W/HANH	PILATES MAT BEG/INT 9:00-9:55AM W/HANH	REFORMER INTERMEDIATE 9:00-9:55AM W/HANH	MIXED EQUIPMENT OPEN LEVEL 9:00-9:55AM W/SHAUNA	INDOOR CYCLING OPEN LEVEL 8:00-8:50AM W/KEVIN	STRUCTURAL FLOW YOGA OPEN LEVEL 9:00-9:55AM W/DABA
TOWER BEGINNER 10:00-10:55AM W/HANH	STRENGTH AND LENGTH OPEN LEVEL 10:00-10:55AM W/HANH	REFORMER BEGINNER 10:00-10:55AM W/HANH	MIXED EQUIPMENT 10:00-10:55AM W/HANH	FUSION OPEN LEVEL 10:00-10:55AM W/SHAUNA	STRUCTURAL FLOW YOGA OPEN LEVEL 9:00-9:55 W/DABA	INDOOR CYCLING OPEN LEVEL 10:00-10:55AM W/CHRISTIANE
STRUCTURAL FLOW YOGA OPEN LEVEL 10:05-11:05AM W/DABA		VINYASA YOGA OPEN LEVEL 10:05-11:05AM W/DABA	STRETCH & RELEASE OPEN LEVEL 11:00-11:55AM W/HANH	KICKBOX ELEMENT OPEN LEVEL 11:15-12:15PM W/ANDREW	MIXED EQUIPMENT BEG/INT 9:00-9:55AM W/HANH	KETTLEBELL BEGINNER 11:00-11:55AM W/ANDREW
STRENGTH AND LENGTH OPEN LEVEL 6:00-6:55PM W/CHRISTINA	STRUCTURAL FLOW YOGA OPEN LEVEL 6:30-7:25PM W/SUE	PILATES MAT OPEN LEVEL 6:00-6:55PM W/CAITLIN			TRONFIT OPEN LEVEL 10:00-10:45AM W/ANDREW	JUMP & MIXED OPEN LEVEL 11:00-11:55PM W/SHAUNA
MIXED MARTIAL MINDFULNESS OPEN LEVEL 7:00-7:55PM W/A. BLANCO	REFORMER PLUS BEGINNER 6:30-7:25PM W/CHRISTIE	CYCLE & BURN OPEN LEVEL 7:00-7:55PM W/DANIEL	KETTLEBELL & SPINTERVALS OPEN LEVEL 7:30-8:25PM W/SEBAJ		TOWER BEG/INT 10:00-10:55AM W/HANH	FUSION OPEN LEVEL 12:00-12:55PM W/SHAUNA
REFORMER BEGINNER 7:00-7:55PM W/CHRISTINA	SPINTERVALS OPEN LEVEL 7:35-8:30PM W/SEBAJ	REFORMER *STARTS 11/18* 7:00-7:55PM W/SHAUNA	REFORMER BEGINNER 7:30-8:25PM W/CHRISTINA		PILATES MAT OPEN LEVEL 11:00-11:55AM W/HANH	
WATER BOOTCAMP (SWIM SUIT NEEDED!) 7:35-8:30PM W/GEORGE	HATHA/VINYASA YOGA OPEN LEVEL 8:05-9:05PM W/CECILIA		VINYASA FLOW OPEN LEVEL 8:30-9:25PM W/CHRISTINA		REFORMER BEGINNER 12:00-12:55PM W/HANH	
KICKBOX ELEMENT OPEN LEVEL 8:00-9:00PM W/ANDREW	KETTLEBELL CARDIO BEG/INT 8:35-9:30PM W/SEBAJ					

HATHA/VINYASA YOGA
OPEN LEVEL
6:00-7:00PM
W/CECILIA

HHF HOURS

MON-FRI 5:30AM - 10:00PM
SAT & SUN 7:00AM - 8:00PM

201.714.7600
HAMILTONHEALTHFITNESS.COM

POOL SCHEDULE
(Sept 8 - Dec 20 2017)

ADULT LAP SWIM

MON: 5:45am-4:00pm, 8:30pm-9:45pm
TUES: 5:45-9:45pm
WEDS: 5:45am-4:00pm, 6:30pm-9:45pm
THURS: 5:45am-1:00pm, 6:00-9:45pm
FRI: 5:45am-10:30am, 12:30-3:30pm, 7:30-9:45pm
SAT: 7:15am-9:00am, 12:45-2:00pm, 6:00-7:45pm
(Possible adult lap swim 4-6pm, call for availability.)
SUN: 7:15am-9:00am, 12:45-2:00pm, 5:00-7:45pm

FAMILY SWIM

MON-WEDS: N/A
THURS: 4:00-6:00pm
FRI: 10:30am-12:30pm
SAT: 2:00-4:00pm
SUN: 2:00-5:00pm

JUNGLE GYM

Let us watch your child(ren) while you work out for up to two hours!

HOURS

MON-THURS: 8:45am-1:15pm, 4:00-7:00pm
FRI: 8:45am-1:15pm
SAT-SUN: 8:45am-2:00pm

PILATES EQUIPMENT

(Indicated in orange, not included in HHF membership.)
Both reservation & payment are required for equipment classes. 24 hour cancellation policy.
Level assessment required for first timers.