

GROUP CLASS SCHEDULE FOR HHF - UPDATED DECEMBER 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/SHIRA | 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 & 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/SHAUNA | CAPOEIRA OPEN LEVEL 6:00-7:00PM W/CHRIS *STARTS* 1/11/2018 | | 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 Open Level 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 | KETTLEBELL CARDIO BEG/INT 8:35-9:30PM W/SEBAJ | 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 | | | | | | |
| | | | | | | 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.

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.

Capoeira Fundamentals is a full body workout that teaches you to become strong and mobile. A perfect class for all levels. Capoeira is an Afro-Brazilian art that combines explosive movements, martial arts, and music. Through a creative and high intensity workout, you can develop coordination, strength, flexibility, rhythm, and self-awareness.

Mixed Martial Mindfulness: Curious about Taekwondo and other martial arts, this class is for you. Develop 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 consult instructor about any conditions).

Stretch & Release: Foam rollers, pinky balls and therapy bands, 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. Class is appropriate for all levels and all 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.

