

GROUP CLASS SCHEDULE FOR HHF - UPDATED MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR CYCLING 6:00-6:55AM OPEN LEVEL W/KIT	LONG&LEAN 6:00-6:45AM OPEN LEVEL W/CAITLIN	KETTLEBELL STRENGTH 6:00-6:55AM OPEN LEVEL W/BETHANY	INDOOR CYCLING 6:00-6:55AM OPEN LEVEL W/KEVIN	TOTAL BODY FIT 6:00-6:55AM OPEN LEVEL W/CAITLIN	INDOOR CYCLING 7:00-7:50AM OPEN LEVEL W/KEVIN	
					INDOOR CYCLING 8:00-8:50AM OPEN LEVEL W/KEVIN	
PILATES MAT BEG/INT 9:00-9:55AM W/HANH		PILATES MAT BEG/INT 9:00-9:55AM W/HANH			STRUCTURAL FLOW YOGA 9:00-9:55 W/DABA	STRUCTURAL FLOW YOGA OPEN LEVEL 9:00-9:55 W/DABA
STRUCTURAL FLOW YOGA OPEN LEVEL 10:05-11:05AM W/DABA	CONSCIOUS YOGA OPEN LEVEL 10:00-10:55AM W/ADAM	VINYASA YOGA OPEN LEVEL 10:05-11:05AM W/DABA		FUSION OPEN LEVEL 10:00-10:55AM W/SHAUNA	TRONFIT OPEN LEVEL 10:00-10:45AM W/ANDREW	INDOOR CYCLING OPEN LEVEL 10:00-10:55AM W/CHRISTIANE
	BIKES & BANDS OPEN LEVEL 11:00-11:55AM W/CAITLIN		PILATES EQUIPMENT OPEN LEVEL/ RESERVATION REQUIRE 11:00-11:55AM W/HANH	KICK PUNCH OM OPEN LEVEL 11:15-12:15PM W/ADAM	PILATES MAT OPEN LEVEL 11:00-11:55AM W/HANH	KETTLEBELL BEGINNER 11:00-11:55AM W/ANDREW
						FUSION OPEN LEVEL 12:00-12:55PM W/SHAUNA
STRENGTH AND LENGTH OPEN LEVEL 6:00-6:55PM CHRISTINA	STRUCTURAL FLOW YOGA OPEN LEVEL 6:30-7:25PM W/SUE	PILATES MAT OPEN LEVEL 6:00-6:55PM W/Caitlin	NOT JUST HOOPIN' OPEN LEVEL 6:00-6:55PM W/GABBY		HATHA/VINYASA YOGA OPEN LEVEL 6:00-7:00PM W/CECILIA	
INDOOR CYCLING OPEN LEVEL 7:00-7:55PM W/CHRISTIANE	SPINTERVALS OPEN LEVEL 7:35-8:30PM W/SEBAJ	CYCLE & BURN OPEN LEVEL 7:00-7:55PM W/DANIEL	YOGA OPEN LEVEL 7:00-7:55PM W/CHRISTINA			
WATER BOOTCAMP (SWIM SUIT NEEDED!) 7:35-8:30PM W/GABBY	KETTLEBELL CARDIO BEG/INT 8:35-9:30PM W/SEBAJ	HATHA/VINYASA YOGA OPEN LEVEL 8:05-9:05PM W/CECILIA	KETTLEBELL CARDIO BEG/INT 8:05-8:45PM W/SEBAJ			
KICK PUNCH OM OPEN LEVEL 8:00-9:00PM W/ADAM			SPINTERVALS OPEN LEVEL 8:50-9:30PM W/SEBAJ			

HHF HOURS

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

201.714.7600
HAMILTONHEALTHFITNESS.COM

JUNGLE GYM
CHILDREN'S ROOM

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

MORNING HOURS
Monday-Friday 8:45am-1:15pm
Saturday-Sunday 8:45am-2:00pm

EVENING HOURS
Monday-Thursday 4:00pm-7:00pm
Saturday - Sunday Closed

SINGLE VISIT
Members \$10
Non-Members \$15

25-VISIT PACK
Members \$200
Expires one year from purchase.
Call for requirements for first visit.

Minimum age: 3 months Not recommended for ages 7+

CST
Condition Strength Tone

SMALL-GROUP PERSONAL TRAINING
BY REGISTRATION
6 WEEKS (MEETS 1X PER WEEK)
SPACE LIMITED TO 4

MEMBERS \$180
NON-MEMBERS \$210