

POOL SCHEDULE MARCH 17 - MAY 24, 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
6am	Adult Lap	Adult Lap 5:45am to 9:45pm	Adult Lap 5:45am to 4:00pm	Adult Lap 5:45am-1pm	Adult Lap 5:45-10:30am		
7am						Adult Lap 7:15-9am	Adult Lap 7:15-9am
8am							
9am				Adult Lap 5:45am-1pm		Reserved Swim Lessons 9am-12:45pm	Reserved Swim Lessons 9am-12:45pm
10am							
11am					Family Swim 10:30am-12:30pm		
12pm							
1pm						Adult Lap 12:45-2pm	Adult Lap 12:45-2pm
2pm	Adult Lap 5:45am-4pm	Adult Lap 5:45am to 9:45pm	Adult Lap 5:45am to 4:00pm	Reserved for Cleaning 1-4pm	Adult Lap 12:30 to 3:30pm	Family Swim 2-4pm	Family Swim 2-5pm
3pm							
4pm						Pool Rental and Assessments 4-6pm	
5pm	Reserved Adult/Child Private Lessons 4-7:30pm		Reserved Adult/Child Group Lessons 4-6:30pm	Family Swim 4-6pm	Reserved Adult/Child Private Lessons 3:30-7:30pm	Lap Swim If Avail.	
6pm							Adult Lap 5-7:45pm
7pm							
8pm	Water Bootcamp 7:35-8:30pm w/Gabby	Adult Lap 5:45am to 9:45pm	Adult Lap 6:30-9:45pm	Adult Lap 6-9:45pm		Adult Lap 6-7:45pm	
9pm	Adult Lap 8:30-9:45pm				Adult lap 7:30-9:45pm		

SWIM CLASSES

ALL CLASSES ARE 8 WEEKS WITH ONE MAKE-UP CLASS ON WEEK NINE.

REGISTRATION REQUIRED
30-MINUTE CLASSES

PARENT AND ME
BEGINNER BASICS
BEGINNER
INTERMEDIATE
ADVANCED

MEMBERS \$250
NON-MEMBERS \$325

SWIM ASSESSMENTS
(REQUIRED FOR 1ST ENROLLMENT)
4-6PM

MARCH 8 4-6PM
MARCH 15 4-6PM

POOL RENTAL (FOR PARTIES)

SATURDAYS 4-6PM
CALL FOR DETAILS

RENTAL RATES
1.5 HOURS \$300
2 HOURS \$350

*INDICATES CHANGES FROM PREVIOUS SCHEDULE

FAMILY SWIM IS FOR CHILDREN ONLY; NO LAPS PLEASE.
USE OF SAUNA IS ALSO ONLY FOR FAMILIES AT THIS TIME. THE REVERSE IS ALSO TRUE, NO CHILDREN ALLOWED IN THE POOL AREA DURING ADULT LAP SWIM. THANK YOU FOR FOLLOWING THIS POLICY.

201-714-7600
HAMILTONHEALTHFITNESS.COM

FOR PRIVATE AND GROUP SWIM LESSONS: CONTACT OUR SWIM COORDINATOR, GIGI, AT: SWIM@HAMILTONHEALTHFITNESS.COM

PILATES SCHEDULE UPDATED MAY 2017

	MON	TUES	WED	THURS	FRI	SAT	SUN
9-9:55am	Pilates Mat Beg/Int w/Hanh	Reformer Beg/Int w/Hanh	Pilates Mat Beg/Int w/Hanh	Reformer Intermediate w/Hanh	Reformer/Jump Int/Adv w/Shauana	Mixed Equip Intermediate w/Hanh	
10-10:55am	Tower Beginner w/Hanh		Reformer Beginner w/Hanh	Building Bones Mixed Equip w/Hanh	Pilates Fusion Open Level w/Shauana	Tower Beg/Int w/Hanh	
11-11:55am				Equipment Open Level w/Hanh		Pilates Mat Open Level w/Hanh	Jump & Mixed Open Level w/Shauana
12-12:55pm						Reformer Beginner w/Hanh	Pilates Fusion Open Level w/Shauana
6-6:55pm	Strength and Length Open Level w/Kristin						
6-6:55pm		Reformer PLUS Beg/Int w/Christie	Pilates Mat Beginner w/Caitlin	Reformer Beginner w/Christina			
7:00-7:55pm	Reformer Beginner w/Christina						

***EQUIPMENT CLASSES** ARE DESIGNATED IN **ORANGE**.

***MAT CLASSES** ARE DESIGNATED IN **WHITE** (WHICH ARE INCLUDED IN HHF MEMBERSHIP)

***LEVEL ASSESSMENT REQUIRED FOR ALL FIRST-TIME EQUIPMENT CLASS REGISTRATIONS.**

***BOTH RESERVATION & PAYMENT ARE REQUIRED FOR ALL PILATES EQUIPMENT CLASSES. 24-HOUR CANCELLATION POLICY APPLIES TO ALL EQUIPMENT CLASSES. EQUIPMENT CLASSES MAY BE CANCELLED IF FEWER THAN 2 PEOPLE ARE ENROLLED. PLEASE ENROLL IN ADVANCE IF YOU PLAN ON ATTENDING. SEE YOU IN CLASS!**

HHF MEMBERS
(AND PROJECT PILATES MEMBERS)

MAT CLASSES ARE INCLUDED W/HHF MEMBERSHIP

SINGLE EQUIPMENT CLASS \$30

5-PACK EQUIPMENT CLASS \$130

10-PACK EQUIPMENT CLASS \$250

NON-MEMBERS

SINGLE MAT CLASS \$30

SINGLE EQUIPMENT CLASS \$35

5-PACK EQUIPMENT CLASSES \$155

10-PACK EQUIPMENT CLASSES \$300

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