



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
<b>Yoga for Strength</b> 5:45am-6:30a Anjali ( Group Fitness )	<b>Group Cycle</b> 5:45a-6:30a Becky ( Group Fitness )	<b>Morning Yoga</b> 5:45am-6:30a Anjali ( Group Fitness )	<b>Strength Fundamentals</b> 5:45a-6:30a Morgan ( Group fitness )	<b>Group Cycle</b> 5:45a-6:30a Becky ( Group Fitness )	Scan me Drop-in Purchase	
<b>NEW!</b>	<b>HAWK Strength</b> 7:30a-8:15a Christine (Group Fitness)		<b>HAWK Strength</b> 7:30a-8:15a Christine (Group Fitness)			
	<b>TRX intro 30min</b> 8:30a-9am <b>FREE CLASS</b>				<b>Hawk Cardio 20/10</b> 8:15a-9a Shauna (Group Fitness)	
<b>HAWK STRENGTH</b> 9a-10a Maria (GROUP FITNESS)	<b>TRX STRONG</b> 9:15a-10a Morgan (Group Fitness)	<b>Strong Fit</b> 9a-10a Maria (Group fitness)	<b>Group Cycle</b> 9a-9:45a Christine ( Group Fitness )	<b>BOLD BODY SCULPT</b> 9a-10a Kelly (GROUP FITNESS)	<b>Yoga 9:15a-10:15a</b> Michelle (Group Fitness 386)	
	<b>Yoga 10:15a-11:15a</b> Loren (Group Fitness 386)		<b>Yoga 10:15a-11:15a</b> Loren (Group Fitness 386)		<b>CIRCUIT SQUAD</b> 9:30a-10:15a Shauna (GROUP FITNESS)	
<b>STEP &amp; Core</b> 10:15a-11:15a Yuka (Group Fitness)	<b>Group Cycle</b> 10:15a-11a David (Group Fitness )	<b>Hawk Strength</b> 10:15a-11:15a Yuka (Group Fitness)	<b>TRX intro 30min</b> 10a-10:30a <b>FREE CLASS</b>	<b>Hawk Strength</b> 10:15a-11:15a Yuka (Group Fitness)	<b>TRX STRONG</b> 10:30a-11:15a Morgan (Group Fitness)	
		<b>Educational class</b> 1 day ONLY 12/10	<b>TRX FIT</b> 10:30a-11:15a Becky (Group Fitness)			
	<b>Strength Fundamentals</b> 11:45a-12:30p Kelly (Group fitness)	<b>Nutrition Bootcamp</b> 11:45a-12:15a Casey (Group Fitness)	<b>Strength Fundamentals</b> 11:45a-12:30p Kelly (Group fitness)		<b>Zumba</b> 11:30a-12:15p Karen Dance StudioA	
<b>Chair Balance and Strength 1p-2p</b> Yuka (Group Fitness)	<b>Chair Yoga</b> 1p-2p Loren (Group Fitness)	<b>Chair Balance and Strength (Weights &amp; TRX)</b> 1p-2p Yuka (Group Fitness)		<b>Chair Balance and Strength</b> 1p-2p Yuka (Group Fitness)		
	<b>No class 12/30</b>		<b>No Group Fitness classes:</b> Wed 12/24, Thurs 12/25, Wed 12/31, Thurs 1/1			
		<b>TRX intro 30min</b> 5p-5:30p <b>FREE CLASS</b>				
<b>Interval Training</b> 5:30p-6:15p Rachel (Group Fitness)	<b>Power Core &amp; Glutes</b> 5:30p-6:15p Laura (Group Fitness)	<b>TRX STRONG</b> 5:30p-6:15p (Group Fitness)			<b>TRX</b>	
	<b>ZUMBA</b> 6:15p-7p Dawn (Dance Studio A)		<b>ZUMBA</b> 6:15p-7p Dawn (Dance Studio A)	<b>Holiday Sweater week!</b> Take classes with your Favorite Sweater! Dec 8-Dec 13		
<b>Boot Camp</b> 6:30p-7:15p Laura (Group Fitness)	<b>CIRCUIT SQUAD</b> 6:30p-7:15p Shauna (GROUP FITNESS)	<b>Interval Training</b> 6:30p-7:15p Laura (Group Fitness)	<b>Yoga</b> 6:30p-7:30p Kamara (Group Fitness 386)		<b>LOCATIONS:</b> Group Cycle – Group Fitness Strength/Circuit/Interval/Aerobics/TRX – Group Fitness Room Yoga – Group Fitness Room Group Fitness 386 (3F) Dance Fitness – Dance Studio A(1F)	
<b>ZUMBA</b> 6:30p-7:30p Karen (Dance Studio A)						

Aquatic Group classes Monday	Tuesday	Wednesday	Thursday	Friday	Sun
<b>Water Dance</b> 9am-9:55am Fana ( Leisure Pool)	<b>H2O MAX(Shallow)</b> 9am-9:55a Debbie ( Leisure Pool)	<b>Aqua Fitness</b> 9a -9:55a Beth ( Leisure Pool)	<b>Shallow Water Aerobics</b> 9a-9:55a Janeen (Leisure Pool)	<b>Aqua Fitness</b> 9a -9:55a Beth ( Leisure Pool)	<b>Aqua Fitness</b> 9a -9:55a Fana ( Leisure Pool)
<b>Deep Water Aerobics</b> 10am-10:55am Fana ( Deep Water)	<b>Aquatic HIIT MIX (Deep)</b> 10a-10:55a Debbie ( Deep Water)	<b>Deep Aqua Fitness</b> 10a-10:55a Beth ( Deep Water)	<b>Deep Water Aerobics</b> 10a-10:55a Janeen (Deep Water)	<b>Deep Aqua Fitness</b> 10a-10:55a Beth ( Deep Water)	11

The Hawk group fitness trainers are part of the team to help you safely reach your fitness goals and to add variety to your workout. Purchase your 'Fit Pass' today! The Fit Pass provides you with the flexibility to choose from a variety of group exercise classes at The Hawk.



Webtrac Drop-in purchase from here!

	Passholder	Resident	Non-resident
<b>Drop-In Rates per Class</b>	<b>\$7</b>	<b>\$9</b>	<b>\$11</b>
<b>Monthly unlimited Fit Pass</b>	<b>\$50 / Month</b>	<b>\$ 75 / Month</b>	<b>\$ 100 / Month</b>

\*Class lengths may vary. Unlimited Fit Pass does not expire and requires a 30-day notice to cancel. Fit Pass may not be applied to personal training, small group training, swim lessons, open/lap swim.

## CLASS DESCRIPTIONS

### CARDIO

**Group Cycle:** Get ready to sweat! This class offers a combination of strength and endurance Training Through hill Climbs, sprints and athletic drills. New Participants should arrive 5 minutes early to get properly fitted on the bike. Bring Sweat towels and water bottle.

**Hawk Cardio 20/10:** Fast paced and fun cardio interval workout; 20 seconds of hard, all-out work and effort followed by 10 seconds of rest. You will increase your endurance, strength, and agility. Bring Sweat towels and water bottle.

**Step & Core:** Step aerobics has all the benefit of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. Core workout at the end of the class. We provide modifications for all levels. Bring water and towels.

**Zumba:** Zumba is a calorie-burning dance fitness party where latin and world rhythms are combined with easy to-follow moves. The routines are combined to tone and sculpt your body for all fitness levels and there will be modifications.



### YOGA

**Yoga:** This is a class that practices the sequencing of poses that are put together with the intention of gaining strength, flexibility and balance of the spirit, mind and body. All levels.

**Yoga for Strength:** This is a class that practices that combines the benefit of yoga with the goal of building muscle strength. It involves a variety of poses that challenge your muscles and improves strength, balance and endurance. All levels.

**Morning Yoga:** Mindful way to start your day! combining physical postures, controlled breathing. This class can help improve your mood, overall flexibility and balance, also release tension and calm the nervous system. Wake up early, build your strength mind and body!

**Chair Yoga:** Gentle Yoga practice in which posture are performed while seated, for flexibility and balance of the spirit, mind and body. Chairs are provided.

### TRX (TOTAL BODY RESISTANCE EXERCISE)



**TRX FIT:** The TRX FIT class is a high-intensity workout designed to build muscular endurance, improve lean-to-fat ratios, and increase cardio capacity while having fun. It utilizes TRX Suspension Trainers in combination with bodyweight cardio challenges. Participants are encouraged to bring water and towels, as the class is designed to make you sweat.

**TRX STRONG:** TRX Suspension Trainers in an elevated strength and conditioning workout for improvement in a variety of fitness aspects. Dividing the "Strength" portion of the workout into two blocks presented as a ladder will provide built-in recovery time, which will be necessary when each exercise is completed at the appropriate level of challenge. All fitness levels are welcome.

### STRENGTH

**Hawk Strength:** Non-aerobic muscle toning class. Develop muscle strength and endurance while challenging every muscle, focus on core using dumbbells and variety of equipments. This class can help you improve function of your heart and bone density. Get stronger and feel great! Bring a sweat towel.

**Strong Fit:** Focusing on each muscle groups to tone and strength them by using dumbbells, resistance bands and body weight exercises. Leave each class feeling stronger!

**Power Core & Glutes:** Toning, strengthening and endurance workout that targets the Core and Glutes. Using free weights and other various equipment, you'll strengthen and lengthen your Abs and Glutes through a variety of exercises challenging the core and improve functional strength for balance, mobility and posture. Bring a sweat towel.

**Strength Fundamentals:** Focus on full body strength and muscle building exercises. There will be modification, All levels.

**Chair Balance & Strength:** Low impact and using weights and variety of equipments to maintain overall strength and fitness. Balance and some light body movements are also included for a well-rounded program. Chairs are provided.

### CARDIO AND STRENGTH MIX

**Bootcamp:** Dynamic Fun Training that is sure to work all areas of your body. Different every week to challenge muscle strength, agility, endurance and balance. Combined with traditional calisthenics and core work. This class will never get old! Bring sweat towel.

**Interval Training:** Combines short, high-intensity bursts of speed with slower recovery phases throughout the class with using variety of equipment & movements. This class help you improve performance, greater speed and endurance. Bring sweat towel.

**Circuit Squad:** Fast Paced class that mixes cardio, strength building and muscular endurance or a high intensity, sweaty workout as you progress through various timed stations.

**BOLD BODY SCULPT:** Full body workout that utilizes Weights and a splash of Cardio to build muscle, burn fat, all while mixing up equipment and making the most out of 60min together!

### TRX intro: FREE CLASS!

New to TRX? This is the class for you! Learn the basics of TRX: How to use TRX, changing length and body positioning safe effective way.

Floor work included.

Please check-in at Guest service desk!



### NUTRITION

#### Nutrition Bootcamp:

Health is wealth and food is fuel. Experience nutritional topics each month that are key components in improving healthy living goals. Optimal nutrition for optimal performance!

## AQUATIC PROGRAM

**Aqua Fitness/ Deep Aqua Fitness :** With the right water equipment and instruction, you can take advantage of a variety of exercises to help increase endurance, build muscle, burn calories, and lose weight, in an enjoyable atmosphere with music. For all fitness levels.

**H2O MAX :** Cardio, Strength training , core & more! you get it all done in the safe environment of the pool and have fun doing it! All fitness levels. Bring water bottle.

**Shallow Water Aerobics :** Your body will love this fat burning , all inclusive workout to motivating music using a variety of equipment. This class will combine aerobic conditioning, strength training, endurance, and flexibility. You do not need to know how to swim, but you should be comfortable in the water.

**Deep Water Aerobics:** Is an enjoyable way to slim down and shape up! Spend 20 minutes of aerobics using natural resistance of water to improve cardiovascular fitness followed by 20 mins of intense weight training and 10 minutes of ab core workout. You do not need to know how to swim but must be comfortable in 8.3 ft deep water.

**Aquatic HIIT MIX ( DEEP ):** Welcome to the world of aquatic high intensity interval training. Just like a land class you alternate fast burst of energy with slower, longer intervals. MIX in some deep water stretching & you have a next level aquatic class experience! Bring water bottle.

**Water Dance:** Enjoy an instructor-led high energy class, utilizing the natural resistance of the water while moving to the beat. This class involves 45-50mins of intense Cardio Burn, using dance inspired moves. you will also receive 5-10mins of targeted abs/core workout. The instructor will provide for modifications of any move requiring no swim experience.