



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
HAWK STRENGTH 5:45a-6:30a Kelly (GROUP FITNESS)	<b>GROUP CYCLE</b> 5:45a-6:30a Becky (GROUP FITNESS)		<b>GROUP CYCLE</b> 5:45a-6:30a Becky (GROUP FITNESS)			
	HAWK Strength 7:30a-8:15a Christine (Group Fitness)		HAWK Strength 7:30a-8:15a Christine (Group Fitness)			
					HAWK Cardio 30/10 8:15a-9a Jerry (Group Fitness)	
HAWK STRENGTH 9a-10a Maria (GROUP FITNESS)	<b>TRX Strength</b> 9a-9:45a Asal (Group Fitness)	<b>Strong Fit</b> 9a-10a Maria (Group fitness)	<b>Cardio Cycle&amp; Core</b> 9a-9:45a Christine (Group Fitness)	<b>BOLD BODY SCULPT</b> 9a-10a Kelly (GROUP FITNESS)		
					<b>CIRCUIT SQUAD</b> 9:30a-10:15a Shauna! (GROUP FITNESS)	<i>SHAUNA IS BACK!</i>
<b>STEP &amp; Core</b> 10:15a-11:15a Yuka (Group Fitness)	<b>Full Body Blast</b> 10:15a-11a Kelly (Group Fitness)	Hawk Strength 10:15a-11:15a Yuka (Group Fitness)	<b>TRX Strength</b> 10:15a-11:15a Yuka (Group Fitness)	Hawk Strength 10:15a-11:15a Yuka (Group Fitness)	<b>Sat Pop up class</b> 10:30am-11:15am (Group Fitness)	
					<b>Zumba</b> 11:30a-12:15p Dawn (Group Fitness 386)	
	<b>Strength Fundamentals</b> 11:45a-12:30p Asal (Group fitness)		<b>Strength Fundamentals</b> 11:45a-12:30p Asal (Group Fitness)			
Chair Balance and Strength 1p-2p Yuka (Group Fitness)		Chair Balance and Strength (Weights & TRX) 1p-2p Yuka (Group Fitness)		Chair Balance and Strength 1p-2p Yuka (Group Fitness)		
			HAPPY NEW YEAR! NEW INSTRUCTOR NEW CLASS! Mon 5:30pm Interval Training with Rachel			
<b>NEW!</b>						
<b>Interval Training</b> 5:30p-6:15p Rachel( NEW ! ) (Group Fitness)	Power Core & Glutes 5:30p-6:15p Laura (Group Fitness)	<b>TRX Strength</b> 5:30p-6:15p Asal (Group Fitness)	Power Core & Glutes 5:30p-6:15p Tate (Group Fitness)			
	<b>ZUMBA</b> 6:15p-7p Dawn ( Dance Studio A)	<b>NEW!</b>	<b>ZUMBA</b> 6:15p-7p Dawn (Dance Studio B)			
<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)	Strength & Fitness 6:30p-7:30p Tate (Group Fitness)			
<b>ZUMBA</b> 6:30p-7:30p Karen (Dance Studio A)	<b>RELAX AND RENEW</b> Yoga 6:30p-7:30p Bharti ( Activity Room AB)	<b>ZUMBA</b> 6:30p-7:30p Karen (Dance Studio A)				
						Group Cycle – Group Fitness Strength/Circuit/Interval/Aerobics TRX – Group Fitness Room  Yoga – Group Fitness Room Activity Room A&B Group fitness 386 (3F)  Dance Fitness – Group Fitness Room Dance Studio A(1F) Dance Studio B(2F) Group Fitness 386 (3F)

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

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.

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

\*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

**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 a sweat towel & water bottle.

**NEW! Cardio Cycle & Core:** This class combines a mix of cardio, both on the bike and the floor and a section devoted to core work.

30 minutes of straight cardio followed by core work. Bring Sweat towels!

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

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

**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 improves 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, any levels.

**TRX Strength:** Join us for an energizing TRX Suspension Strength Class designed to enhance your overall fitness while building strength and endurance!

you'll perform a variety of exercises that target major muscle groups, improving strength, balance, and flexibility. Each session includes a warm-up, guided strength exercises using TRX straps, and cardio challenges that keep you engaged and motivated. Come prepared to Sweat & Smile!

**Strong Fit:** Focusing on each muscle group to tone and strengthen them by using dumbbells, resistance bands and body weight exercises.

Leave each class feeling stronger and stronger!

**Strength & Fitness:** Learn proper form and technique for various strength training exercises using dumbbell's, bands, medicine balls, and more. This class will focus mainly on strength and all the different ways you can structure a strength workout. This will be full body routine with something a bit different each time. Bring a sweat towel and a water bottle!

**Full Body Blast:** This exciting, sweat causing, muscle building class will take you through a variety of different movements at your own pace with a mix of cardio and strength exercises. Increase your stamina and burn calories during this intense, but fun workout with exercises that can be both high impact and lower impact depending on your fitness level.

**Chair Balance & Strength:** Low impact and using weights and band to maintain overall strength and fitness. Balance and some light cardio exercises are also included for a well-rounded program. Chairs are provided.

**Boot Camp:** 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 a sweat towel.

**NEW! 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 towels!

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

**Hawk Cardio 30/10:** Fast paced and fun cardio interval workout, no equipment needed; just you! 30 seconds of hard, all-out work and effort followed by 10 seconds of rest. You will increase your endurance, strength, and agility, bring a sweat towel and water bottle!

**STEP & Core:** Step aerobics has all the benefits 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 to the end of the class. We provide modifications for all levels. Bring water and Towels!

**RELAX AND RENEW Yoga:** Experience how Yoga can enhance your flexibility, strength and overall well-being. This class based on the classical style takes a holistic approach emphasizing both physical and emotional well-being. The practices will include Asanas' (Physical Postures), Pranayamas' (Breathing Techniques) and Relaxation. All levels welcome.

**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

### 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, build muscle, burn calories, and lose weight, in an enjoyable atmosphere with music. For all fitness levels. Bring water!

\*Deep Aqua Fitness – Must be comfortable in 8.3 ft deep water with a floatation advice.

**H2O MAX (Shallow)-** 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!

**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 minutes of intense weight training and 10 minutes of abs 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 gust 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 45-50 minutes of intense Cardio Burn, using dance inspired moves. You will also receive 5-10 minutes of targeted abs/core workout, The instructor will provide options for modification of any move requiring no swim experience.