

HARTLAND
EST. 2018
FITNESS & WELLNESS CENTER

OCTOBER 2018 GROUP FITNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM Open Gym By Appointment ONLY*	AM Open Gym By Appointment ONLY*	AM Open Gym By Appointment ONLY*	AM Open Gym By Appointment ONLY*	Open Gym, Personal Training, and Massage Therapy By Appointment ONLY	NEW!! 9:15 am Contact Kickboxing Begins 10/6/18 Registration required.	7:15 am C25K Meets to Run
All Day Office Hours	1:00 pm-5:00 pm Training and Open Gym	1:00 pm-5:00 pm Training and Open Gym	1:00 pm-5:00 pm Training and Open Gym			8:00 am Weekend Warrior
4:30 pm-5:15 pm Spin	5:00 pm-5:45 pm Strength and Sculpt	4:30 pm-5:15 pm Spin	5:15 pm-6:00 pm Spin		8:00 am Weekend Warrior	9:00 am Poundfit
5:30 pm-6:15 pm Tabata Express	NEW!! 6:00 pm-6:45 pm Triple Threat Cardio Circuit	NEW!! 5:20 pm-6:00 pm Circuit Training Combination				Open Gym Until 4:00 pm
6:30 pm- 7:00 pm Reps & Sets w/Blake		New Time: 6:05 pm-6:50 pm Zumba				COMING SOON Vinyasa Flow Yoga Begins: 10/14/2018 Registration required.
NEW!! 7:00 pm Yin & Yang Yoga Registration required.		6:45 pm-7:15 pm C25K Strength Training				

*Appointments must be scheduled ahead of time. To schedule an appointment text Stacey at 603.703.6757

SMALL GROUPS SCHEDULE

COUCH TO 5K	WEEKEND WARRIOR
Wednesdays 6:45 pm & Sundays 7:15 am	Saturdays 8:00 am & Sundays 8:00 am
October 27th Gory Daze C25K race day.	
Registration required.	Registration required.

SPECIAL EVENTS

October 21st Nutrition Mealplan Workshop
October 31st Halloween Haunted House - No Classes.
Ask about MOMFit online.

COMING SOON IN OCTOBER

Contact Kickboxing Begins: 10/6/2018	Yoga w/Alex	Zumba Kids
Nutrition Group with Ruthie		Zumba Theme Night

* Open Gym ONLY Membership Available, Inquire Within

CLASS DESCRIPTIONS

20/20/20

20 minutes cardio conditioning/20 minutes Tabata free weights/20 minutes of Pilates. This is a 60 minute class combining cardio exercise using body weight as well as free weights and bands for a complete total body workout. It's like three classes jam packed into one!!!

Pilates - Mat

Beginner to Beyond Beginner - Each class works to balance all muscle groups with strength and flexibility with an emphasis on the core muscles. Mat pilates is done on the floor using an exercise or yoga mat, bands, and other yoga props. An example of a popular mat pilates pose is called the Hundred.

Spinning

Burn up to 500 calories this is an organized cycling class focusing on endurance, strength, high intensity, and recovery. We use a fly wheel stationary bike and pedal through many visualized terrains. Students ride in a way that best suits their needs.

Triple Threat Cardio Circuit

This high energy class where we will perform effective bursts of cardio designed to get your heart rate up, boost stamina and endurance, and burn calories - while working your muscles at the same time.

PoundFit

Sweat, Sculpt, & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND is a full body cardio therapy session championed by fitness rebels around the world!

Strength & Sculpt

(Bar Inspired)

Using low weight, high repetitions, and small range of motion combined with balance to focus on isometric training. See results quickly with this one stop shop, perfect for those short on time.

(Bar Inspired)

Cardio Kickboxing

Moderately high intensity workout using proper form to execute kicks and punches, along with a variety of cardio exercises including jump ropes, jumping jacks, boxer jogging, and more. Gain self confidence, core control, balance, and strength while learning some basic self defense skills and burning calories.

Reps & Sets

(Body Pump Inspired)

Using body bars, free weights, & movement to do groups of consecutive repetition for an equal amount of sets. Each class completes a full over all body workout.

Tabata

Four minutes of high intensity training alternating between 20 seconds of max training followed by a 10 second rest. These workouts are 8 rounds each and fast paced using cardio and weight training. You will never get bored.

Circuit Training Combo

Condensed version of 20/20/20

Restorative Yoga w/Sam

Help cleanse and clean your mind while working your body. This class is offered in 8 week segments focusing on breath, movement, and meditation. The instructor moves slowly and carefully through each move, modifying where necessary. You will feel relaxed and have an open mind after this class.

Zumba

High intensity fitness "Dance" program uses music and dance from Latin and international inspiration as well as top 40 favs music or love to dance this workout is for you.

Contact Kickboxing

Reduce stress and get in shape. Similar to cardio kickboxing, this class uses proper body form to execute punches and kicks. In addition, students will learn how to hold kick shields and focus mats and work together through various combinations. Melt fat, increase energy, gain confidence, and work the entire body.

Couch to 5K

Come check out the greatest way to meet new people and reach new goals. Together we encourage beginner through advanced runners to set and reach attainable running goals. This group meets twice weekly for 6-8 weeks and is coached using your individual levels and experiences. We face challenges together and continue moving forward. You'll get so much more out of this program than just running and coaching. Make friends, gain confidence and have fun!

Weekend Warrior

Join us Saturday and Sundays for 4-5 weeks of outdoor weekend Bootcamp at the Hartland Recreation Center. We will challenge your strength and stamina using playground equipment, small, & large tires, buckets of sand, bricks, wood blocks, and more... Come play on the playground with us.