

Group Fitness Drop-In
\$2 per Class or
12 punches for \$20

782.623.2658

Sr. Classes (55 & Over)
\$1 per Class or
11 punches for \$10

HRC GROUP FITNESS

STRENGTH	CARDIO	LOW IMPACT	DANCE	RECOVERY
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STRENGTH = focusing on toning and building muscle. This class is for those who enjoy higher impact and lifting weights.

CARDIO = an active class with continued movement. This class has high energy exercises that will help lower your resting heart rate and blood pressure.

LOW IMPACT = geared towards beginners or people with limitations. This class will show you how maximize your workout time with modify exercises.

DANCE = fun and energetic classes with choreography. Follow our instructor and enjoy your work out to the sound of your favorite music.

RECOVERY = a slow paced class centered on stretching and foam rolling. Learn how to reduce soreness and continue doing those daily activities you love.



Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00am	Size it DOWN Studio 1	Spin & Strength**/studio 2 CHAOS/studio 1	Size it DOWN Studio 1	Spin & Strength**/studio2 CHAOS/studio 1	Jump on IT Studio 1
5:30am	Stability/Studio 2	(5:35am) S.W.E.A.T. Studio 1	Stability/ Studio 2	(5:35am) S.W.E.A.T. Studio 1	
5:15am					Spin N-SWEAT** Studio 2
5:45am	Step Back Studio 1		Step Back Studio 1		
8:15am	Fit Mix Studio 1		Fit Mix Studio 1	(8:30am) Spin & Strength** Studio 2	
12:15pm	Yoga Chisel Studio 2	Body Blast Studio 1	Yoga Chisel Studio 2	Body Blast Studio 1	
1:00pm	Aged for Action Studio 1	Aged for Action Studio 1		Aged for Action Studio 1	
5:30pm	Total Body TRX Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Cardio Conditioning Studio 1	Slow, Steady, Stretch, Yoga Studio 1	Friday Finisher Studio 1
5:45pm	Pound Studio 2				
6:45pm		Total Body TRX Studio 2		Total Body TRX Studio 2	