

GROUP CLASS SCHEDULE FOR HHF/PP - UPDATED JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR CYCLING OPEN LEVEL 6:00-6:55AM W/DANIEL	PILATES MAT OPEN LEVEL 6:00-6:55AM W/BRENDA	REFORMER PLUS OPEN LEVEL 6:00-6:55AM *STARTS 1/2/19	INDOOR CYCLING OPEN LEVEL 6:00-6:55AM W/KEVIN	REFORMER PLUS OPEN LEVEL 6:00-6:55AM *STARTS 1/18/19	INDOOR CYCLING OPEN LEVEL 7:00-7:50AM W/KEVIN	STRUCTURAL FLOW OPEN LEVEL 9:00-9:55 W/DABA
PILATES MAT OPEN LEVEL 9:00-9:55AM W/HANH	REFORMER BEG/INT 7:00-7:55AM W/CHRISTINA	KETTLEBELL STRENGTH OPEN LEVEL 6:00-6:55AM W/BETHANY	TRX 6:00-6:30AM TRX 6:30-7:00AM	TOTAL BODY FIT OPEN LEVEL 6:00-6:55AM W/BETHANY	INDOOR CYCLING OPEN LEVEL 8:00-8:50AM W/KEVIN	REFORMER BEG/INT 9:00-9:55AM W/KATELYNN
REFORMER PLUS BEG/INT 9:00-9:55AM W/CHRISTIE	REFORMER BEGINNER 8:00-8:55AM W/CHRISTINA	MIXED EQUIPMENT BEG/INT 7:30-8:25AM W/HANH	PILATES MAT OPEN LEVEL 7:00-7:55AM W/CHRISTINA	YOGA OPEN LEVEL 9:00-9:55AM W/TARA	REFORMER PLUS BEG/INT 8:00-8:55AM W/BRENDA	KETTLEBELL CARDIO BEG/INT 10:00-10:45AM W/SEBAJ
TOWER BEGINNER 10:05-11:00AM W/HANH	TRX TURN UP OPEN LEVEL 8:00-8:55AM *STARTS 1/22/19	PILATES MAT OPEN LEVEL 9:00-9:55AM W/HANH	REFORMER OPEN LEVEL 8:05-9:00AM W/CHRISTINA	MIXED EQUIPMENT OPEN LEVEL 9:00-9:55AM W/SHIRA	STRUCTURAL FLOW OPEN LEVEL 9:00-9:55 W/DABA	REFORMER BEG/INT 10:00-10:55AM W/KATELYNN
STRUCTURAL FLOW OPEN LEVEL 10:05-11:00AM W/DABA	TRX TURN UP OPEN LEVEL 9:00-9:55AM W/DANIEL	REFORMER PLUS BEG/INT 9:00-9:55AM W/CHRISTIE	TRX TURN UP OPEN LEVEL 9:00-9:55AM W/DANIEL	PILATES MAT FUSION OPEN LEVEL 10:05-11:00AM W/SHIRA	EQUIPMENT CIRCUIT BEG/INT 9:00-9:55AM W/HANH	STRETCH & RELEASE OPEN LEVEL 11:00-11:55AM W/SEBAJ
MIXED EQUIPMENT OPEN LEVEL 11:05-12:00PM W/HANH	REFORMER BEG/INT 9:00-9:55AM W/HANH	REFORMER BEGINNER 10:05-11:00AM W/HANH	NATURAL MOBILITY OPEN LEVEL 9:00-9:55AM W/MAKS	MIXED EQUIPMENT OPEN LEVEL 10:00-10:55AM W/CHRISTIE	TRX TURN UP OPEN LEVEL 9:00-9:55AM W/DANIEL	JUMP & MIXED OPEN LEVEL 11:00-11:55PM W/SHAUNA
POST NATAL OPEN LEVEL 12:05-1:00PM W/HANH	STRENGTH & LENGTH OPEN LEVEL 10:05-11:00AM W/HANH	VINYASSA YOGA OPEN LEVEL 10:05-11:00AM W/DABA	REFORMER INTERMEDIATE 9:05-10:00AM W/HANH	REFORMER OPEN LEVEL 11:05-12:00PM W/SHIRA	STRETCH & RELEASE OPEN LEVEL 10:00-10:45AM W/BRENDA	PILATES MAT FUSION OPEN LEVEL 12:05-1:00PM W/SHAUNA
STRENGTH & LENGTH OPEN LEVEL 6:00-6:55PM W/ERIN	REFORMER PLUS BEGINNER 11:05-12:00PM W/HANH	REFORMER PLUS OPEN LEVEL 11:05-12:00PM *STARTS 1/23/19	B.B. MIXED EQUIPMENT 10:05-11:00AM W/HANH	REFORMER PLUS BEGINNER 12:05-1:00PM W/CHRISTIE	TOWER BEG/INT 10:00-10:55AM W/HANH	REFORMER PLUS OPEN LEVEL 1:05-2:00PM W/SHAUNA
REFORMER PLUS BEGINNER 6:00-6:55PM W/BRENDA	REFORMER PLUS BEG/INT 6:00-6:55PM W/BRENDA	REFORMER OPEN LEVEL 1:00-1:55PM W/SHAUNA	STRETCH & RELEASE OPEN LEVEL 11:05-12:00PM W/HANH		PILATES MAT OPEN LEVEL 11:00-11:55AM W/HANH	HATHA/VINYASA YOGA OPEN LEVEL 6:00-7:00PM W/CECILIA
MIXED EQUIPMENT OPEN LEVEL 7:05-8:00PM W/BRENDA	STRUCTURAL FLOW OPEN LEVEL 6:30-7:25PM W/SUE	PILATES MAT OPEN LEVEL 6:00-6:55PM W/SHAUNA	REFORMER BEGINNER 6:00-6:55PM W/BRENDA		REFORMER OPEN LEVEL 11:00-11:55PM W/BRENDA	
FIT BALL & BANDS OPEN LEVEL 7:00-7:55PM W/ERIN	REFORMER PLUS BEG/INT 7:00-7:55PM W/BRENDA	REFORMER PLUS BEGINNER 6:05-7:00PM W/HANH	TRX TURN UP OPEN LEVEL 6:30-7:25PM W/DANIEL		REFORMER BEGINNER 12:05-1:00PM W/HANH	
TRX TURN UP OPEN LEVEL 7:00-7:55PM *NEW TIME STARTS 1/21	SPIN/STRETCH/SWEAT OPEN LEVEL 7:35-8:30PM W/SEBAJ	SPIN/STRETCH/SWEAT OPEN LEVEL 7:00-7:55PM W/DANIEL	KETTLEBELL & OPEN LEVEL 7:30-8:25PM W/SEBAJ		TRX OPEN LEVEL 12:00-12:55PM W/FREDDY	
WATER BOOTCAMP (SWIM SUIT NEEDED!) 7:35-8:30PM W/EDWARD	KETTLEBELL CARDIO BEG/INT 8:35-9:30PM W/SEBAJ	REFORMER PLUS BEGINNER 7:05-8:00PM W/SHAUNA	REFORMER PLUS BEGINNER 8:00-8:55PM W/BRENDA			
REFORMER BEGINNER 8:05-9:00PM W/BRENDA		TRX OPEN LEVEL 7:00-7:55PM W/FREDDY	VINYASA FLOW OPEN LEVEL 8:30-9:25PM W/CECILIA			
YOGA OPEN LEVEL 8:00-8:55PM W/MAMA MAY		HATHA/VINYASA YOGA OPEN LEVEL 8:05-9:05PM W/TARA				
		REFORMER PLUS BEGINNER 8:05-9:00PM W/HANH				

HHF HOURS

MON - FRI 5:30AM - 10:00PM
SAT - SUN 7:00AM - 8:00PM

201.714.7600
HAMILTONHEALTHFITNESS.COM

POOL SCHEDULE
(Dec 20 -May 22 2019)

ADULT LAP SWIM

MON: 5:45am-4:00pm, 8:30pm-9:45pm
TUES: 5:45-9:45pm
WEDS: 5:45am-3:15pm, 6:30-9:45pm
THURS: 5:45am-1:00pm, 6:00-9:45pm
FRI: 5:45am-10:30am, 12:30-3:30pm, 7:30-9:45pm
SAT: 7:15am-9:00am, 12:45-2:00pm, 6:00-7:45pm
(Possible adult lap swim 4-6pm, call for availability.)
SUN: 7:15am-9:00am, 12:45-2:00pm, 5:00-7:45pm

FAMILY SWIM

MON-WEDS: N/A
THURS: 4:00-6:00pm
FRI: 10:30am-12:30pm
SAT: 2:00-4:00pm
SUN: 2:00-5:00pm

JUNGLE GYM

Let us watch your child(ren) while you work out!
(Up to two hours)

MEMBER \$10/NON-MEMBER \$15

DAY HOURS

MON-FRI: 8:45am-1:15pm
SAT-SUN: 8:45am-2:00pm

EVENING HOURS

MON-THURS: 4:00-7:00pm

PILATES EQUIPMENT

(Not included in HHF membership, available at discounted rate)

CLASSES LOCATED AT 231 PAVONIA AVE.

*Both reservation & payment are

*24 hour cancellation policy.
*Level assessment required for attendance above beginner.



GROUP CLASS SCHEDULE FOR HHF/PP - UPDATED JANUARY 2019

HHF/PP Class Key:

Cycle & Burn: High intensity cardio workout, incorporating positive energy, good music and the enjoyment of cycling. Cycle hard and fast and burn fat while having fun.

Hatha Vinyasa: Flow and Let Yourself Go. Finish off your day with this rejuvenating and revitalizing class, beginning with an asana flow and ending with restorative poses.

Indoor Cycling: Increase your heart rate, listen to some music and sweat the work week out with one of our certified instructors.

Kettlebell Cardio/ Kettlebell Strength: Build strength, speed, power, and cardio endurance using kettlebells, a centuries-old training tool originating in Russia. When swung properly by their thick handles, the round weights use nearly every muscle in the body to counteract momentum. Classes incorporate a combination of ballistic (explosive) swinging movements and more traditional press and squat exercises.

Natural Mobility: Focus on skills like balancing, jumping, throwing, carrying, catching and a variety of mobility drills to improve movement function and reduce pain. Class goal is to rejuvenate the nervous system and reactivate "sleepy muscles" so you leave this class moving better and with more energy.

Spin/Stretch/Sweat is a spin based full body, high intensity, workout program inspired by various cycling and aerobic classes. Separating 60 minutes in 6 section, CSR focus on fat burning, flexibility and endurance while playing a variety of good music at the same time.

Spintervals: Learn form and technique. Understand the relationship between RPMs and resistance. Workout that burns calories fast but you don't need your helmet ;)

Strength & Length: Build strength and release tension and lengthen your body with Pilates. A full body workout taught by a Pilates instructor. Great any day of the week! Appropriate for all levels and abilities including injuries and pregnancy (please consult instructor about any conditions).

Stretch & Release: Foam rollers, pinky balls and thera bands, oh my. Stretching not only feels good it is good for you!

Structural Flow: Class begins with a Sun Salutation and moves through strong standing poses, seated poses and restorative poses. Students are encouraged to become mindfully aligned in poses. Class is appropriate for all levels and all abilities including injuries and pregnancy.

Total Body Fit: A vigorous circuit class incorporating indoor cycling, kettlebells, agility exercises, hand weights, stability balls, steps, jump ropes, TRX, battle ropes, and more.

TRX suspension training system is a great system to use that adds strength, lean muscle, and will improve conditioning.

TRX Turn Up: The TRX suspension trainer will be the primary source of this workout but it will be mixed with other training equipment such as rowers, dumbbells, kettlebells, etc. Class purpose: strengthen your body while torching calories all at the same time!

Vinyasa Yoga: Focusing on synchronization of breath with continuous flow of movement. Builds heat, endurance, flexibility, strength and mental focus, incorporating uplifting music.

Water Bootcamp: Intense, low-impact, 55-minute water workout using buoyant weights, water resistance, and gravity to tone your muscles and your heart in record time.

PILATES

Pilates Equipment Classes: (Designated in colored boxes) Pilates reformer, towers, ladder barel and wunda chairs - oh my! Class capacity of only 4 people, reserve your spot in advance. Book online or with the receptionist. If waitlisted, you will be notified of a cancellation prior to class.

Pilates Mat Fusion: (A mat class) Look for the basics of Pilates inspired instruction with emphasis on, length and alignment, exercise modifications, core strength and stability including abs, shoulders, and pelvis, integrated breathing, and a sense of the Pilates principles.

Pilates Mat: This simple but effective core workout will strengthen mind body and spirit. Utilizes Joseph Pilates' techniques with only minimal props and body weight.

Class Policies:

1. Online Enrollment is available for each class using the MindBody website or mobile app. One hour or more advance notice is required for cancellation of all group classes. (Pilates equipment classes require 24 hour notice for cancellation.)
2. Please check in with reception prior to going to class.
3. Please mention any physical limitations or injuries to the instructor before class.
4. Be mindful of other classes happening or finishing up; please walk through the Pilates studio quietly.
5. Please silence your cell phone before entering class.
6. Life happens! But please don't enter class more than 10 minutes late.
7. Clean your equipment before and after use.
8. Please be considerate of your fellow class-goers and use deodorant.

Classes in white boxes are at HHF
Classes in blue boxes are at PP

