

# GROUP CLASS SCHEDULE FOR HHF/PP - UPDATED JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>INDOOR CYCLING</b> OPEN LEVEL 6:00-6:55AM W/DANIEL	<b>PILATES MAT</b> OPEN LEVEL 6:00-6:55AM W/BRENDA	<b>REFORMER PLUS</b> OPEN LEVEL 6:00-6:55AM <i>*STARTS 1/2/19</i>	<b>INDOOR CYCLING</b> OPEN LEVEL 6:00-6:55AM W/KEVIN	<b>REFORMER PLUS</b> OPEN LEVEL 6:00-6:55AM <i>*STARTS 1/18/19</i>	<b>INDOOR CYCLING</b> OPEN LEVEL 7:00-7:50AM W/KEVIN	<b>STRUCTURAL FLOW</b> OPEN LEVEL 9:00-9:55 W/DABA
<b>PILATES MAT</b> OPEN LEVEL 9:00-9:55AM W/HANH	<b>REFORMER</b> BEG/INT 7:00-7:55AM W/CHRISTINA	<b>KETTLEBELL STRENGTH</b> OPEN LEVEL 6:00-6:55AM W/BETHANY	<b>TRX</b> 6:00-6:30AM <b>TRX</b> 6:30-7:00AM	<b>TOTAL BODY FIT</b> OPEN LEVEL 6:00-6:55AM W/BETHANY	<b>INDOOR CYCLING</b> OPEN LEVEL 8:00-8:50AM W/KEVIN	<b>REFORMER</b> BEG/INT 9:00-9:55AM W/KATELYNN
<b>REFORMER PLUS</b> BEG/INT 9:00-9:55AM W/CHRISTIE	<b>REFORMER</b> BEGINNER 8:00-8:55AM W/CHRISTINA	<b>MIXED EQUIPMENT</b> BEG/INT 7:30-8:25AM W/HANH	<b>PILATES MAT</b> OPEN LEVEL 7:00-7:55AM W/CHRISTINA	<b>YOGA</b> OPEN LEVEL 9:00-9:55AM W/TARA	<b>REFORMER PLUS</b> BEG/INT 8:00-8:55AM W/BRENDA	<b>KETTLEBELL CARDIO</b> BEG/INT 10:00-10:45AM W/SEBAJ
<b>TOWER</b> BEGINNER 10:05-11:00AM W/HANH	<b>TRX TURN UP</b> OPEN LEVEL 8:00-8:55AM <i>*STARTS 1/22/19</i>	<b>PILATES MAT</b> OPEN LEVEL 9:00-9:55AM W/HANH	<b>REFORMER</b> OPEN LEVEL 8:05-9:00AM W/CHRISTINA	<b>MIXED EQUIPMENT</b> OPEN LEVEL 9:00-9:55AM W/SHIRA	<b>STRUCTURAL FLOW</b> OPEN LEVEL 9:00-9:55 W/DABA	<b>REFORMER</b> BEG/INT 10:00-10:55AM W/KATELYNN
<b>STRUCTURAL FLOW</b> OPEN LEVEL 10:05-11:00AM W/DABA	<b>TRX TURN UP</b> OPEN LEVEL 9:00-9:55AM W/DANIEL	<b>REFORMER PLUS</b> BEG/INT 9:00-9:55AM W/CHRISTIE	<b>TRX TURN UP</b> OPEN LEVEL 9:00-9:55AM W/DANIEL	<b>PILATES MAT FUSION</b> OPEN LEVEL 10:05-11:00AM W/SHIRA	<b>EQUIPMENT CIRCUIT</b> BEG/INT 9:00-9:55AM W/HANH	<b>STRETCH &amp; RELEASE</b> OPEN LEVEL 11:00-11:55AM W/SEBAJ
<b>MIXED EQUIPMENT</b> OPEN LEVEL 11:05-12:00PM W/HANH	<b>REFORMER</b> BEG/INT 9:00-9:55AM W/HANH	<b>REFORMER</b> BEGINNER 10:05-11:00AM W/HANH	<b>NATURAL MOBILITY</b> OPEN LEVEL 9:00-9:55AM W/MAKS	<b>MIXED EQUIPMENT</b> OPEN LEVEL 10:00-10:55AM W/CHRISTIE	<b>TRX TURN UP</b> OPEN LEVEL 9:00-9:55AM W/DANIEL	<b>JUMP &amp; MIXED</b> OPEN LEVEL 11:00-11:55PM W/SHAUNA
<b>POST NATAL</b> OPEN LEVEL 12:05-1:00PM W/HANH	<b>STRENGTH &amp; LENGTH</b> OPEN LEVEL 10:05-11:00AM W/HANH	<b>VINYASSA YOGA</b> OPEN LEVEL 10:05-11:00AM W/DABA	<b>REFORMER</b> INTERMEDIATE 9:05-10:00AM W/HANH	<b>REFORMER</b> OPEN LEVEL 11:05-12:00PM W/SHIRA	<b>STRETCH &amp; RELEASE</b> OPEN LEVEL 10:00-10:45AM W/BRENDA	<b>PILATES MAT FUSION</b> OPEN LEVEL 12:05-1:00PM W/SHAUNA
<b>STRENGTH &amp; LENGTH</b> OPEN LEVEL 6:00-6:55PM W/ERIN	<b>REFORMER PLUS</b> BEGINNER 11:05-12:00PM W/HANH	<b>REFORMER PLUS</b> OPEN LEVEL 11:05-12:00PM <i>*STARTS 1/23/19</i>	<b>B.B. MIXED EQUIPMENT</b> 10:05-11:00AM W/HANH	<b>REFORMER PLUS</b> BEGINNER 12:05-1:00PM W/CHRISTIE	<b>TOWER</b> BEG/INT 10:00-10:55AM W/HANH	<b>REFORMER PLUS</b> OPEN LEVEL 1:05-2:00PM W/SHAUNA
<b>REFORMER PLUS</b> BEGINNER 6:00-6:55PM W/BRENDA	<b>REFORMER PLUS</b> BEG/INT 6:00-6:55PM W/BRENDA	<b>REFORMER</b> OPEN LEVEL 1:00-1:55PM W/SHAUNA	<b>STRETCH &amp; RELEASE</b> OPEN LEVEL 11:05-12:00PM W/HANH		<b>PILATES MAT</b> OPEN LEVEL 11:00-11:55AM W/HANH	<b>HATHA/VINYASA YOGA</b> OPEN LEVEL 6:00-7:00PM W/CECILIA
<b>MIXED EQUIPMENT</b> OPEN LEVEL 7:05-8:00PM W/BRENDA	<b>STRUCTURAL FLOW</b> OPEN LEVEL 6:30-7:25PM W/SUE	<b>PILATES MAT</b> OPEN LEVEL 6:00-6:55PM W/SHAUNA	<b>REFORMER</b> BEGINNER 6:00-6:55PM W/BRENDA		<b>REFORMER</b> OPEN LEVEL 11:00-11:55PM W/BRENDA	
<b>FIT BALL &amp; BANDS</b> OPEN LEVEL 7:00-7:55PM W/ERIN	<b>REFORMER PLUS</b> BEG/INT 7:00-7:55PM W/BRENDA	<b>REFORMER PLUS</b> BEGINNER 6:05-7:00PM W/HANH	<b>TRX TURN UP</b> OPEN LEVEL 6:30-7:25PM W/DANIEL		<b>REFORMER</b> BEGINNER 12:05-1:00PM W/HANH	
<b>TRX TURN UP</b> OPEN LEVEL 7:00-7:55PM <i>*NEW TIME STARTS 1/21</i>	<b>SPINTERVALS</b> OPEN LEVEL 7:35-8:30PM W/SEBAJ	<b>SPIN/STRETCH/SWEAT</b> OPEN LEVEL 7:00-7:55PM W/DANIEL	<b>KETTLEBELL &amp;</b> OPEN LEVEL 7:30-8:25PM W/SEBAJ		<b>TRX</b> OPEN LEVEL 12:00-12:55PM W/FREDDY	
<b>WATER BOOTCAMP</b> (SWIM SUIT NEEDED!) 7:35-8:30PM W/EDWARD	<b>KETTLEBELL CARDIO</b> BEG/INT 8:35-9:30PM W/SEBAJ	<b>REFORMER PLUS</b> BEGINNER 7:05-8:00PM W/SHAUNA	<b>REFORMER PLUS</b> BEGINNER 8:00-8:55PM W/BRENDA			
<b>REFORMER</b> BEGINNER 8:05-9:00PM W/BRENDA		<b>TRX</b> OPEN LEVEL 7:00-7:55PM W/FREDDY	<b>VINYASA FLOW</b> OPEN LEVEL 8:30-9:25PM W/CECILIA			
<b>YOGA</b> OPEN LEVEL 8:00-8:55PM W/MAMA MAY		<b>HATHA/VINYASA YOGA</b> OPEN LEVEL 8:05-9:05PM W/TARA				
		<b>REFORMER PLUS</b> 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**  
(Sept 7 - Dec 19 2018)

**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 barrel 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**

