

GROUP CLASS SCHEDULE FOR HHF/PP - UPDATED MAY 2019

HHF HOURS

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

JUNGLE GYM

MON - FRI 8:45AM-1:15PM
SAT - SUN 8:45AM-2:00PM
MON - THURS 4:00PM-7:00PM

201.714.7600
HAMILTONHEALTHFITNESS.COM

ADULT LAP SWIM

(DEC 20 - JUNE 24 2019)

MON: 5:45AM-4:00PM, 8:30PM-9:45PM
TUES: 5:45-4:00PM, 6:00-9:45PM
WEDS: 5:45AM-3:15PM, 6:30PM-9:45PM
THURS: 5:45AM-1:00PM, 6:00PM-9:45PM
FRI: 5:45AM-10:30AM, 12:30-3:30PM, 7:30-9:45PM
SAT: 7:15AM-9:00AM, 1:30PM-2:00PM, 6:00PM-7:45PM
(POSSIBLE ADULT LAP SWIM 4-6PM, CALL FOR AVAILABILITY)
SUN: 7:15AM-9:00AM, 1:30-2:00PM, 5:00-7:45PM

FAMILY SWIM

(DEC 20 - JUNE 24 2019)

MON: N/A
TUES: N/A
WED: N/A
THURS: 4:00PM-6:00PM
FRI: 10:30AM-12:30PM
SAT: 2:00PM-4:00PM
SUN: 2:00PM-5:00PM



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	KETTLEBELL STRENGTH OPEN LEVEL 6:00-6:55AM W/BETHANY	INDOOR CYCLING OPEN LEVEL 6:00-6:55AM W/KEVIN	TOTAL BODY FIT OPEN LEVEL 6:00-6:55AM W/BETHANY	INDOOR CYCLING OPEN LEVEL 7:00-7:50AM W/KEVIN	STRUCTURAL FLOW OPEN LEVEL 9:00-9:55AM W/DABA
PILATES MAT OPEN LEVEL 9:00-9:55AM W/HANH	POWER VINYASSA OPEN LEVEL 7:00-7:50AM W/THERESA	PILATES MAT OPEN LEVEL 9:00-9:55AM W/HANH	TRX W/BETHANY 6:00-6:30AM TRX W/BETHANY 6:30-7:00AM	RHYTHM RIDE OPEN LEVEL 7:00-7:50AM W/LAURA	INDOOR CYCLING OPEN LEVEL 8:00-8:50AM W/KEVIN	RHYTHM RIDE OPEN LEVEL 10:00-10:55AM W/LAURA
STRUCTURAL FLOW OPEN LEVEL 10:05-11:00AM W/DABA	TRX TURN UP OPEN LEVEL 8:00-8:55AM W/DANIEL	VINYASSA YOGA OPEN LEVEL 10:05-11:00AM W/DABA	PILATES MAT OPEN LEVEL 7:00-7:55AM W/CHRISTINA	YOGA OPEN LEVEL 9:00-9:55AM W/TARA	STRUCTURAL FLOW OPEN LEVEL 9:00-9:55AM W/DABA	STRETCH & RELEASE OPEN LEVEL 11:00-11:55AM W/KATELYNN
STRENGTH & LENGTH OPEN LEVEL 6:00-6:55PM W/ERIN	TRX TURN UP OPEN LEVEL 9:00-9:55AM W/DANIEL	PILATES MAT OPEN LEVEL 6:00-6:55PM W/SHAUNA	TRX TURN UP OPEN LEVEL 9:00-9:55AM W/DANIEL	PILATES MAT OPEN LEVEL 10:05-11:00AM W/SHIRA	TRX TURN UP OPEN LEVEL 9:00-9:55AM W/DANIEL	PILATES MAT OPEN LEVEL 12:05-1:00PM W/SHAUNA
ABS AND GLUTES OPEN LEVEL 7:00-7:55PM W/ERIN	STRENGTH & LENGTH OPEN LEVEL 10:05-11:00AM W/HANH	WATER BOOTCAMP (SWIM SUIT NEEDED!) 6:30-7:25PM W/SARAH	FLOW & BURN OPEN LEVEL 9:00-9:55AM W/AMIR	TRX OPEN LEVEL 11:05-12:00PM W/HANH	STRETCH & RELEASE OPEN LEVEL 10:00-10:45AM W/BRENDA	HATHA/VINYASA YOGA OPEN LEVEL 6:00-7:00PM W/CECILIA
TRX TURN UP OPEN LEVEL 7:00-7:55PM W/DANIEL	STRUCTURAL FLOW OPEN LEVEL 6:30-7:25PM W/SUE	SPIN/STRETCH/SWEAT OPEN LEVEL 7:00-7:55PM W/DANIEL	CARDIO & STRENGTH OPEN LEVEL 10:00-10:55AM W/AMIR	STRETCH & RELEASE OPEN LEVEL 11:05-12:00PM W/HANH	PILATES MAT OPEN LEVEL 11:00-11:55AM W/HANH	
WATER BOOTCAMP (SWIM SUIT NEEDED!) 7:35-8:30PM W/EDWARD	SPINTERVALS OPEN LEVEL 7:35-8:30PM W/SEBAJ	TRX OPEN LEVEL 7:00-7:55PM W/FREDDY	TRX TURN UP OPEN LEVEL 6:30-7:25PM W/DANIEL		TRX OPEN LEVEL 12:00-12:55PM W/FREDDY	
YOGA OPEN LEVEL 8:00-8:55PM W/TARA	KETTLEBELL CARDIO BEG/INT 8:35-9:30PM W/SEBAJ	HATHA/VINYASA YOGA OPEN LEVEL 8:05-9:05PM W/TARA	KETTLEBELL & OPEN LEVEL 7:30-8:25PM W/SEBAJ			
REFORMER PLUS OPEN LEVEL 6:00-6:55AM W/HANH	REFORMER BEG/INT 7:00-7:55AM W/CHRISTINA	REFORMER PLUS OPEN LEVEL 7:00-7:55AM W/BRENDA	VINYASA FLOW OPEN LEVEL 8:30-9:25PM W/CECILIA	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>PILATES EQUIPMENT CLASSES</h3> <p>(DISCOUNTED FOR HHF MEMBERS)</p> <p>*24 HOUR CANCELLATION POLICY *LEVEL ASSESSMENT REQUIRED FOR INT BOOKING *RESERVATIONS & PAYMENT REQUIRED FOR EQUIPMENT CLASSES</p> <h3>CLASSES LOCATED AT 231 PAVONIA AVE</h3> </div>		
REFORMER PLUS OPEN LEVEL 7:00-7:55AM W/HANH	REFORMER BEGINNER 8:00-8:55AM W/CHRISTINA	MIXED EQUIPMENT BEG/INT 8:00-8:55AM W/HANH	REFORMER PLUS OPEN LEVEL 6:00-6:55AM W/CHRISTINA			
REFORMER PLUS BEG/INT 9:00-9:55AM W/CHRISTIE	REFORMER BEG/INT 9:00-9:55AM W/HANH	REFORMER PLUS BEG/INT 9:00-9:55AM W/CHRISTIE	REFORMER OPEN LEVEL 8:05-9:00AM W/CHRISTINA			
TOWER BEGINNER 10:05-11:00AM W/HANH	REFORMER PLUS BEG/INT 10:05-11:00AM W/CHRISTIE	REFORMER BEGINNER 10:05-11:00AM W/HANH	REFORMER INTERMEDIATE 9:05-10:00AM W/HANH			
MIXED EQUIPMENT OPEN LEVEL 11:05-12:00PM W/HANH	REFORMER PLUS BEGINNER 11:05-12:00PM W/HANH	REFORMER PLUS OPEN LEVEL 11:05-12:00PM W/HANH	B.B. MIXED EQUIPMENT 10:05-11:00AM W/HANH			
POST NATAL OPEN LEVEL 12:05-1:00PM W/HANH	REFORMER PLUS BEG/INT 6:00-6:55PM W/BRENDA	REFORMER OPEN LEVEL 1:00-1:55PM W/SHAUNA	REFORMER PLUS BEG/INT 11:05-12:00PM W/CHRISTIE			
REFORMER PLUS BEGINNER 6:00-6:55PM W/DORELA	REFORMER PLUS BEG/INT 7:00-7:55PM W/BRENDA	REFORMER PLUS BEGINNER 6:05-7:00PM W/DORELA	REFORMER BEGINNER 6:00-6:55PM W/ERIN			
MIXED EQUIPMENT OPEN LEVEL 7:05-8:00PM W/DORELA	REFORMER BEGINNER 8:05-9:00PM W/BRENDA	REFORMER PLUS BEGINNER 7:05-8:00PM W/SHAUNA	REFORMER PLUS BEGINNER 7:05-8:00PM W/ERIN			
REFORMER BEGINNER 8:05-9:00PM W/BRENDA		REFORMER PLUS BEGINNER 8:05-9:00PM W/DORELA	REFORMER PLUS BEGINNER 8:00-8:55PM W/ERIN			
				REFORMER PLUS OPEN LEVEL 7:00-7:55AM W/BRENDA	EQUIPMENT CIRCUIT BEG/INT 9:00-9:55AM W/HANH	REFORMER PLUS BEGINNER 8:00-8:55AM W/ERIN
				MIXED EQUIPMENT OPEN LEVEL 9:00-9:55AM W/SHIRA	TOWER BEG/INT 10:00-10:55AM W/HANH	REFORMER BEG/INT 9:00-9:55AM W/KATELYNN
				MIXED EQUIPMENT OPEN LEVEL 10:00-10:55AM W/HANH	REFORMER OPEN LEVEL 11:00-11:55PM W/CHRISTIE	REFORMER BEG/INT 10:00-10:55AM W/KATELYNN
				REFORMER OPEN LEVEL 11:05-12:00PM W/SHIRA	REFORMER BEGINNER 12:05-1:00PM W/HANH	JUMP & MIXED OPEN LEVEL 11:00-11:55PM W/SHAUNA
				REFORMER PLUS OPEN LEVEL 12:05-1:00PM W/HANH	REFORMER PLUS OPEN LEVEL 1:05-2:00PM W/BRENDA	REFORMER PLUS OPEN LEVEL 1:05-2:00PM W/SHAUNA
					REFORMER PLUS OPEN LEVEL 2:05-3:00PM W/BRENDA	



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CLASS KEY

Abs and Glutes: Taught by one of Project Pilates instructors, this class will target strengthening you abs and glutes. Don't miss it!

Cardio & Strength: A high intensity - low impact workout using kettlebells & bodyweight. Class will teach individuals the foundation of kettlebells and functional bodybuilding movements - helping shred fat, build lean muscle and get the heart rate up.

Flow & Burn: A HIIT body weight workout combined with functional & dynamic movements. Also includes jujitsu and animal flow. Individuals can expect to get out of their comfort zone and into a great workout. The problem areas of posterior/anterior pelvic tilt, desk-mount injuries and fat loss will be covered at the end of this class leaving one feeling rejuvenated.

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.

Power Vinyassa: Class combines the physical and mental benefits of a Vinyasa practice with an upbeat playlist. A series of traditional yoga poses are taught in a flowing movement pattern designed to increase your heartrate, strength, flexibility and balance, while maintaining a connection to your breath. The class is perfect for everyone.

Rhythm Ride: Rhythm Ride is driven by the beat of an incredible playlist. You'll get a total body workout on the bike while navigating through a combination of heavy hills, fast sprints and fun choreography all to the beat of music.

Spin/Stretch/Sweat: a spin based full body, high intensity, workout program inspired by various cycling and aerobic classes. 60 minutes in 6 sections. Focus on fat burning, flexibility and endurance.

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

