



Summer 2009 – HFC Midtown

Effective May 8, 2009

Hours: Mon.-Thu. 5:30a-8p, Fri. 5:30a-7p

Group Fitness Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>A.M. Cardio Circuit Studio A 6:00am-60 minutes Colleen</p>				<p>Cycling Studio B 6:00am-45 minutes Colleen</p>
<p>Cardio Kickbox Studio A 11:45am-45 minutes Michelle</p>	<p>Butts and Guts Studio A 11:45am-45 minutes Ling</p>	<p>Body Sculpt Studio A 11:45am-45 minutes Faye</p>	<p>TBC (Total Body Condition) Studio A 11:45am-45 minutes Michelle</p>	<p>Cycling Studio B 11:45am-45 minutes Shasta/Abby</p>
<p>Cycling Studio B 11:45am-45 minutes Kail</p>	<p>Cycling Studio B 11:45am-45 minutes Jameelah</p>	<p>Cycling Studio B 11:45am-45 minutes Wanda</p>	<p>Cycling Studio B 11:45a-45 minutes Kail</p>	<p>Cardio Interval Studio A 11:45a-45 minutes Ling</p>
<p>Power Sculpt Studio A 12:30pm-45 minutes Michelle</p>	<p>Washboard Abs 12:30p.m-1:00p.m. Abby</p>	<p>Yolates Studio A 12:30pm-45 minutes Faye</p>	<p>Washboard Abs 12:30p.m. -1:00p.m. Kail</p>	
	<p>Yoga Studio A 12:30pm-45 minutes Michelle</p>		<p>Yoga Studio A 12:30pm-45 minutes Michelle</p>	
<p>Boot Camp Studio A 5:30pm-60 minutes Kail <i>Weekend indulgence? Repair the Damage!</i></p>	<p>Cardio Mix With Weights Studio A 5:30pm-60 minutes Mike Banks Skip your regular workout...come learn some new exercises.</p>	<p>Boot Camp Studio A 5:30pm-60 minutes Michael Hall Change up your workout with this fun, new class!</p>	<p>30-Minute Super Circuit Studio A 5:30pm-60 minutes Kelly Change up your workout with this fun, new class!</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>**Please bring a Water Bottle and Towel to all Cycling classes.</p> </div>

Class Descriptions

BOOT CAMP: Are you ready for a workout that will get your heart pumpin', muscles burnin' and washboard abs? Then this is the class for you! Get a sexy bikini (or bathing suit) body ready for the summer and all year round with this exciting new high-intensity class incorporating interval drills, power sculpting, and intense abdominal/core work!

BUTTS AND GUTTS: This is an intense workout from the waist down. Working the big muscles along with the abs, low back and obliques this is sure to be one of your favorites.

CARDIO CHALLENGE: Looking for something new to add to your workout routine? Try this new and innovative class incorporating kick, low impact, step and weights. Trim your waistline and transform your body with ease to learn moves which will leave your heart pumpin' and muscles burnin'! Great for all fitness levels!

CARDIO INTERVAL: This 45 minute class will take you in directions that you have never been before. All forms of cardio alternating with weight training exercises will have your heart pumping!

CARDIO KICKBOX: How fit are you? Take this class and you'll find out. You will be challenged both physically and mentally with this 1 hour. This will be a 45 minute cardiovascular KICKBOXING class that packs a punch! Open to *ALL FITNESS LEVELS!*

CARDIO MIX & WEIGHTS: A workout for the entire body. Cardio mixed with free weights and machines gets your morning started right. Great for all fitness levels.

CYCLING: Intervals, Jumps, Hills and Sprints "OH MY": This, part Yoga, part Tour De France class will let your mind take you on a trip that will push your body beyond its physical limits. You'll experience the ultimate cycling workout, yet you'll feel energized not exhausted.

POWER SCULPT: Total body resistance training that hurts soooo good! In this "body sculpting" class you will be using weights, body weight and bands to strengthen, lengthen and define muscles. This is a non aerobic workout designed for all levels.

T.B.C. (Total Body Conditioning): This class works the entire body to the max! This class incorporates cardio mixed with weights which will leave your body guessing what will happen next! Great for all fitness levels!

WASHBOARD ABS: Get that washboard stomach you've dreamed about! This class features 15 minutes of intense exercises made strictly to work the abdominals and core muscles! Class will be held in the stretch area of the club (near the window by the recumbent bikes).

YOGA: A 45 minute class using traditional Hatha Yoga poses, breathing and practices for the mind/body connection, relaxation and flexibility.

YOLATES: We are taking the best of Hatha Yoga and Pilates and combining them for an experience that will leave you feeling lengthened and strengthened! Increase flexibility and feel rejuvenated and refreshed. This class is open to all fitness levels.

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www.hfitcenter.com