

GROUP EXERCISE SCHEDULE – THE HAWK

JANUARY 2022

SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
	GROUP CYCLE 5:45a-6:30am Lexi (GROUP FITNESS)		GROUP CYCLE 5:45a-6:30am Lexi (GROUP FITNESS)			
	STRENGTH, STRETCH & TONE 7a- 7:45am Christine (GROUP FITNESS)					
					GROUP CYCLE 7:45am-8:45am Yuka (Group Fitness)	
HAWK STRENGTH 9a-10am Yuka (GROUP FITNESS)	YOGA 9a-9:45am Maxine (GROUP FITNESS)	HAWK STRENGTH 9a-10am Yuka (GROUP FITNESS)	YOGA 9a-9:45am Maxine (GROUP FITNESS)	HAWK STRENGTH 9a-10am Yuka (GROUP FITNESS)	CIRCUIT SQUAD 9:05a-9:50am Shauna (GROUP FITNESS)	
	Cardio Interval 10:30a-11:15am Yuka (Group Fitness)	Dance Fusion 10:30a-11:15am Deb (Group Fitness)	Strength Fundamental 10:30a-11:15am Morgan (Group fitness)	ZUMBA & Sculpting 10:30a-11:30am Karen (Group Fitness)		
YOGA 11:45a-12:30pm Lulu (GROUP FITNESS)	HAWK STRENGTH 11:45a-12:30pm Sheila (GROUP FITNESS)	YOGA 11:45a-12:30pm Lulu (GROUP FITNESS)	HAWK STRENGTH 11:45a-12:30pm Sheila (GROUP FITNESS)	YOGA 11:45a-12:30pm Lulu (GROUP FITNESS)		
		Chair Strength 1p-1:45p Yuka (Group fitness)				
		FIT 5000 4:00p-4:45pm Deb (DANCE STUDIO B)				
	BEGINNER HUSTLE LINE DANCE 5:00-6:00pm Deb (DANCE STUDIO A)					
GROUP CYCLE 5:45p-6:45pm Christine (GROUP FITNESS)	Power Core & Glute 5:30p-6:15pm Laura (Group Fitness)	GROUP CYCLE 5:45p-6:45pm Christine (GROUP FITNESS)			**Note:  New class!	
ZUMBA 6:00p-7:00pm Karen (Dance Studio B)	INTERMEDIATE HUSTLE LINE DANCE 6:15p-7:15pm Deb (DANCE STUDIO A)				Group Cycle – Group Fitness Room Strength/Core – Group Fitness Room Circuit/Interval/Aerobics – Group Fitness Room Mind/Body – Group Fitness Room Dance Fitness – Dance Studio A & B Group Fitness Room	
HAWK MIX 7:00p-7:45pm Laura (Group Fitness)	HAWK FITBOX 6:30p -7:15pm Shauna (Group fitness)	HAWK MIX 7:00p-7:45pm Laura (Group Fitness)				

THE HAWK

FARMINGTON HILLS COMMUNITY CENTER

The Hawk group fitness trainers are part of the team to help you safely reach your fitness goals and to add variety to your workout. Purchase your 'Fit Pass' today! The Fit Pass provides you with the flexibility to choose from a variety of group exercise classes at The Hawk.

	Passholder	Resident	Non-Resident
Drop-in Rates per Class	\$7	\$9	\$11
Monthly Unlimited Flex Pass	\$50/Month	\$75/Month	\$100/Month

*Class lengths may vary. Unlimited Fit Pass does not expire and requires a 30-day notice to cancel. Fit Pass may not be applied to personal training, small group training, swim lessons, open/lap swim.

Class Descriptions:

Group Cycle: Get ready to sweat! This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. New participants should arrive 5 minutes early to get properly fitted on the bike. Bring a sweat towel & water bottle.

Hawk Strength: Non-aerobic muscle toning class. Develop muscle strength and endurance while challenging every muscle. Focus on core using dumbbells and resistance bands. This class can help you improve function of your heart and bone density. Get stronger and feel great! Bring a sweat towel.

Strength, Stretch & Tone: This class involves body weight strength and conditioning with core and flexibility. Bring a sweat towel.

Power Core & Glute: Toning, strengthening and endurance workout that targets the Core and Glutes. Using free weights and other various equipment, you'll strengthen and lengthen your Abs and Glutes through a variety of exercises challenging the core and improves functional strength for balance, mobility, and posture. Bring a sweat towel.

Strength Fundamental: Focus on full body strength and muscle building exercises. There will be modification, any levels. Bring a sweat towel.

Chair Strength: Low impact and using weights and band to maintain overall strength and fitness. Balance and some light cardio exercises are also included for a well-rounded program. Chairs are provided.

Hawk Fitbox: Combining traditional boxing moves with cardio exercises, this class will work and tone your whole body and help you destress while you blast calories. No prior boxing experience necessary - we'll teach you all you need to know during class. Come punch and kick your way to a healthier you! Bring a sweat towel.

Hawk Mix: Dynamic fun training that is sure to work all areas of your body. Different every week to challenge muscle strength, agility, endurance, and balance. Combined with traditional calisthenics and core work, this class will never get old. Bring a sweat towel.

Circuit Squad: Fast paced class that mixes cardio, strength building and muscular endurance for a high intensity, sweaty workout as you progress through various timed stations. Bring a sweat towel.

Cardio Interval: Combination of strength and aerobic work. For all fitness levels and there will be modifications. Bring Sweat towels!

Yoga: This is a class that practices the sequencing of poses that are put together with the intention of gaining strength, flexibility and balance of the spirit, mind and body.

Dance Fusion: Get your jam session in with a fun dance and cardio mix workout that will keep you groovin'. Music from different decades and genres combined with easy choreography guarantees something for everybody at every level. Bring a sweat towel.

Fit 5000: Classes incorporate fun, low impact dance moves to achieve 5000 steps per 45-minute class as participants burn fat and calories and improve heart function. Workouts are based on popular, basic dance steps done to a variety of new and classic music hits. Alternative dance steps are demonstrated so everyone can choose their own levels of desired intensity. Recommended Attire: workout clothing and cross training type of shoes. Bring a sweat towel and water.

Hustle Line Dance: Beginner - Have fun, learn favorite party hustles, and keep fit with low impact dance moves to R & B music. You'll learn simple, shorter hustles, no experience required.

Hustle Line Dance: Intermediate - For line dancers with some experience with the basics, you'll learn hustles that are longer and contain more complex dance steps and patterns. Routines are a mix of current and classic hustles. Recommended attire for both classes: comfortable clothing & smooth-soled, non-marking shoes or sneakers. Bring your sweat towel.

Zumba: Zumba is a calorie-burning dance fitness party where Latin and world rhythms are combined with easy-to-follow moves. The routines are combined to tone and Sculpt your body for all fitness levels and there will be modifications. Everything is choreographed and upbeat! Bring your sweat towel.

Zumba & Sculpting: 30min calorie-burning dance fitness party with Latin and world rhythms. 15min Body Sculpting routine with very light(2lb) Dumbbells at the end. The routines are combined to tone and sculpt your body for all fitness levels and there will be modifications. Bring your sweat towel.