

## GROUP EXERCISE SCHEDULE – THE HAWK

**SEPTEMBER 2021**

*SUBJECT TO CHANGE*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
	<b>GROUP CYCLE</b> 5:45-6:30am <b>Lexi</b> (GROUP FITNESS)		<b>GROUP CYCLE</b> 5:45-6:30am <b>Lexi</b> (GROUP FITNESS)			
	<b>STRENGTH, STRETCH &amp; TONE</b> 7a-7:45a <b>Christine</b> (GROUP FITNESS)					
					<b>Group Cycle</b> 8a-8:45a <b>Yuka</b> (Group Fitness)	
<b>HAWK STRENGTH</b> 9:05-9:50am <b>Yuka</b> (GROUP FITNESS)	<b>YOGA</b> 9:05a-9:50am <b>Maxine</b> (PERFORMANCE STUDIO – 136)	<b>HAWK STRENGTH</b> 9:05-9:50am <b>Yuka</b> (GROUP FITNESS)	<b>YOGA</b> 9:05a-9:50am <b>Maxine</b> (PERFORMANCE STUDIO – 136)	<b>HAWK STRENGTH</b> 9:05-9:50am <b>Yuka</b> (GROUP FITNESS)	<b>CIRCUIT SQUAD</b> 9:05-9:50am <b>Shauna</b> (GROUP FITNESS)	
				<b>ZUMBA &amp; Sculpting</b> 10:45-11:30am <b>Karen</b> (Group Fitness)	<p><b>No classes Sat Sep 4<sup>th</sup></b></p> <p><b>Happy Labor Day weekend!</b></p>	
<b>YOGA</b> 11:45a-12:30pm <b>Lulu</b> (GROUP FITNESS)	<b>HAWK STRENGTH</b> 11:45a-12:30p <b>Sheila</b> (GROUP FITNESS)	<b>YOGA</b> 11:45a-12:30pm <b>Lulu</b> (GROUP FITNESS)	<b>HAWK STRENGTH</b> 11:45a-12:30p <b>Sheila</b> (GROUP FITNESS)	<b>YOGA</b> 11:45a-12:30pm <b>Lulu</b> (GROUP FITNESS)		
		<b>FIT 5000</b> 4p-4:45p <b>Deb</b> (DANCE STUDIO B)				
	<b>BEGINNER HUSTLE LINE DANCE</b> 5:00-5:45pm <b>Deb</b> (DANCE STUDIO B)					
<b>GROUP CYCLE</b> 6:00p-6:45pm <b>Christine</b> (GROUP FITNESS)		<b>GROUP CYCLE</b> 6:00p-6:45pm <b>Christine</b> (GROUP FITNESS)		<p><b>**Note: Weather permitting, some classes will be outside.</b></p>		
<b>ZUMBA</b> 6:00-6:45PM <b>Karen</b> (Dance Studio B)	<b>INTERMEDIATE HUSTLE LINE DANCE</b> 6:15-7:00pm <b>Deb</b> (DANCE STUDIO B)		<b>ZUMBA</b> 6:00-6:45pm <b>Lexi</b> (DANCE STUDIO B)	<p><b>Group Cycle – Group Fitness Room</b></p> <p><b>Strength/Core – Group Fitness Room</b></p> <p><b>Circuit/Interval/Aerobics – Outside, Gym or Group Fitness Room</b></p>		
<b>HAWK MIX</b> 7:00-7:45pm <b>Laura</b> (OUTSIDE/GYM A)		<b>HAWK MIX</b> 7:00-7:45pm <b>Laura</b> (OUTSIDE/GYM A)	<b>DANCE FUSION</b> 7:00-7:45pm <b>Shauna</b> (DANCE STUDIO B)	<p><b>Mind/Body – Performance Studio 136</b></p> <p><b>Group Fitness Room</b></p> <p><b>Dance Fitness – Dance Studio B 229</b></p> <p><b>Group Fitness Room</b></p>		

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 'Group Ex Flex Pass' today! The Group Ex Flex Pass provides you with the flexibility to choose from a variety of group exercise classes at The Hawk. The pass count is only deducted for the classes that you attend. Register at The Hawk.

	<b>Passholder</b>	<b>Resident</b>	<b>Non-Resident</b>
<b>Drop-in Rates per Class</b>	\$7	\$9	\$11
<b>Group Ex Flex Pass 8</b>	\$50	\$65	\$80
<b>Group Ex Flex Pass 16</b>	\$96	\$126	\$156
<b>Monthly Unlimited Flex Pass</b>	\$75/Month	\$90/Month	\$105/Month

\*Class lengths may vary. Flex Passes are non-refundable and expire one year from purchase date. Unlimited Flex Pass does not expire and requires a 30-day notice to cancel. Group Ex Flex Passes may not be applied to personal training, small group training, water aerobics, swim lessons, open/lap swim and/or specialty group exercise classes.

## **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.

**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.

**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. Bring a mat & sweat towel.

**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.