GROUP EXERCISE SCHEDULE - THE HAWK

DEC 2026

SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
Strength Fundamentals 5:45a-6:30a David (Group fitness)	Group Cycle 5:45a-6:30a Becky (Group Fitness)	Morning Yoga 5:45a-6:30p Anjali (Group Fitness)	Strength Fundamentals 5:45a-6:30a Morgan (Group fitness)	Group Cycle 5:45a-6:30a Becky (Group Fitness)		Scan me
	HAWK Strength 8a-8:45a Christine (Group Fitness)		HAWK Strength 8a-8:45a Christine (Group Fitness)		Hawk Cardio 20/10 8:15a-9a Shauna (Group Fitness)	HFC
Strong Fit 9a-10a Maria (Group fitness)	Strength Fundamentals 9a-9:45a Morgan (Group Fitness)	Strong Fit 9a-10a Maria (Group fitness)	Group Cycle 9a-9:45a David (Group Fitness)	BOLD BODY SCULPT 9a–10a David (GROUP FITNESS)	Yoga 9:15a-10:15a Michelle (Group Fitness 386)	
	Yoga 10:15a–11:15a Loren (Group Fitness 386)		Yoga 10:15a–11:15a Loren (Group Fitness 386)		CIRCUIT SQUAD 9:30a-10:15a Shauna (GROUP FITNESS)	
STEP & CORE 10:15a-11:15a Yuka (Group Fitness)	Group Cycle 10:15a-11a David (Group Fitness)	HAWK STRENGTH 10:15a-11:15a Yuka (GROUP FITNESS)	Metcon 10:15a-11a Christine (Group Fitness)	HAWK STRENGTH 10:15a-11:15a Yuka (GROUP FITNESS)	ZUMBA 10:30a-11:30a Dawn/Nicole (Dance Studio A)	
		Zumba 10:30a-11:30a Dawn (Dance Studio B)				
	Strength Fundamentals 11:45a-12:30p (Group fitness)		Strength Fundamentals 11:45a-12:30p (Group fitness)			
	Chair Yoga 11:45a-12:45p Loren (Group Fitness 386)		Chair Yoga 11:45a-12:45p Loren (Group Fitness 386)			
Chair Balance and Yoga Stretch 1p-2p Anjali (Group Fitness)		Chair Balance and Strength 1p-2p Yuka (Group Fitness)				
	Yoga 4:30p-5:15p Amy (Group Fitness 386)		Yoga 4:30p-5:15p Amy (Group Fitness 386)			
			*No class 12/3			
	Power Core & Glutes 5:30p-6:15p Laura (Group Fitness)					
	ZUMBA 6:15p-7p Dawn (Dance Studio A)		ZUMBA 6:15p-7p Nicole (Dance Studio A)			
Bootcamp 6:30p-7:15p Laura (Group Fitness)	CIRCUIT SQUAD 6:30p-7:15p Shauna (GROUP FITNESS)	Interval Training 6:30p-7:15p Laura (Group Fitness)				
	Yoga 6:30p-7:30p Kamara (Group Fitness 386)					

Holiday Sweater Week!
Dec 7- Dec 12



Come to class in your favorite holiday sweater and get ready to sweat a little more!

HAWK HOLIDAY HOURS
NO GROUP FITNESS CLASSES
DEC 24, 25,
DEC 31, JAN 1ST







LOCATIONS:
Group Cycle – Group Fitness Strength/Circuit/Interval/Aerobics Group Fitness Room
Yoga – Group Fitness Room Group Fitness 386 (3F)
Dance Fitness – Dance Studio A(1F) Dance Studio B(2F)

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Aquatic Group classes

Monday	Tuesday	Wednesday	Thursday	Friday		Sun
Shallow Water Aerobics 9a-9:55a Zach (Leisure Pool)	H2O MAX(Shallow) 9am-9:55a Debbie (Leisure Pool)	Aqua Fitness 9a -9:55a Beth (Leisure Pool)	Shallow Water Aerobics 9a-9:55a Janeen (Leisure Pool)	Aqua Fitness 9a -9:55a Beth (Leisure Pool)		Aqua Fitness 9a -9:55a Beth (Leisure Pool)
Deep Water Aerobics 10a-10:55a Zach (Deep Water)	Aquatic HIIT MIX (Deep) 10a-10:55a Debbie (Deep Water)	Deep Aqua Fitness 10a-10:55a Beth (Deep Water)	Deep Water Aerobics 10a-10:55a Janeen (Deep Water)	Deep Aqua Fitness 10a-10:55a Beth (Deep Water)		*No class 12/27

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 Drop-in passes and attend your classs you want!

	Passholder	Resident	Non-resident
Drop-In Rates per Class	$7	$9	$11

SCAN ME!

*Class lengths may vary.
*Drop-in purchase ONLY in Dec 2026

Class Descriptions

Cardio

Group Cycle: Get ready to sweat! This class offers a combination of strength and endurance Training Throught hill Climbs, sprints and athletic drills. New Participants should arrive 5 minutes early to get properly fitted ton the bike. Bring Sweat towels and water bottle.

Hawk Cardio 20/10:Fast paced and fun cardio interval workout;20 seconds of hard, all-out work and effort followed by 10 seconds of rest. You will increase your endurance, strength, and agility, Bring Sweat towels and water bottle.

Step & Core: Step aerobics has all the benefit of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength reducing fat, and boosting your cardiovascular health. Core workout at the end of the class.We provide modifications for all levels. Bring water and towels

ZUMBA

Zumba: Zumba is a calorie-burnning 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.

Yoga

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. All levels.

Morning Yoga: Mindful way to start your day! combining physical postures, controlled breathing. This class can help improve your mood, overall flexibility and balance, also release tension and calm the nervous system. Wake up early, build your strength mind and body!

Chair Yoga: Gentle Yoga practice in which posture are performed while seated, for flexibility and balance of the spirit, mind and body. Chairs are provided.

Chair Balance and Yoga stretch: Gentle and supportive Yoga practice that combines seated and standing poses with the use of a chair for balance, focusing on Flexibility , strength, recovery. All levels

Metabolic Conditioning

MetCon: **High-intensity, hybrid workout** that combines **cardiovascular training with strength exercises** to improve both aerobic and anaerobic fitness, boost calorie burns, and enhance recovery time**. All levels.**

Strength

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

Power Core & Glutes: 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 challengeing the core and improve functional strength for balance, mobility and posture. Bring a sweat towel.

Strength Fundamentals: Focus on full body strength and muscle building exercises. There will be modification, All levels.

Chair Balance & Strength: Low impact and using weights and variety of equipments to maintain overall strength and fitness. Balance and some light body movements are also included for a well-rounded program. Chairs are provided.

Cardio and Strength MIX

Strong Fit : Get ready to ignite your strength! This high-energy, full-body workout targets every major muscle group using dumbbells, resistance bands, a variety of equipment, and powerful body-weight moves. Strong FIT blends dynamic resistance training with functional exercises to elevate strength, endurance, and confidence. Expect upbeat vibes, smart programming, and seriously strong results. You'll leave every class feeling unstoppable!

Bootcamp: Dynamic Fun Training that is sure to work all areas of your body. Different every week to challenge muscle strength, agility, enducarnce and balance. Combined with traditional calisthenics and core work. This class will never get old! Bring sweat towel.

Interval Training: Combines short, high-intensity bursts of speed with slower recovery phases throughoutt the class with using variety of equipment & movements. This class help you improve performance, greater speed and endurance. Bring sweat towel.

Circuit Squad: Fast Paced class that mizes cardio, strength building and muscular endurance or a high intensity, sweaty workout as you progress through various timed stations.

BOLD BODY SCULPT: Full body workout that utilizes Weights and a splash of Cardio to build muscle, burn fat, all while mixing up equipment and making the most out of 60min together!

Aquatic Program

Aqua Fitness/ Deep Aqua Fitness : With the right water equipment and instruction, you can take advantage of a variety of exercises to help increase endurance, build muscle, burn calories, and lose weight, in an enjoyable atmosphere with music. For all fitness leve ls.

H2O MAX : Cardio, Strength training , core & more! you get it all done in the safe environment of the pool and have fun douing it! All fitness levels. Bring water bottle.

Shallow Water Aerobics : Your body will love this fat burning , all inclusive workout to motivating music using a variety of equipment. This class will combine aerobic conditioning, strength training, endurance, and flexibility. You do not need to know how to swin, but you sho uld be comfortable in the water.

Deep Water Aerobics: Is an enjoyable way to slim down and shape up! Spend 20 minutes of aerobics using natural resistance of water to improve cardiovascular fitness followed by 20 mins of intense weight training and 10 minutes of ab core workout. You do not need to k now how to swim but mus be comfortable in 8.3 ft deep water.

Aquatic HIIT MIX (DEEP): Welcome to the world of aquatic high intensity interval training. Just like a land class you alternate fast gust of energy wth slower, longer intervals. MIX in some deep water stretching & you have a next level aquatic class experience! Bring water bot tle.

Nov 2026