



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
	<b>GROUP CYCLE</b> 5:45a-6:30a <b>Becky</b> (GROUP FITNESS)		<b>GROUP CYCLE</b> 5:45a-6:30a <b>Becky</b> (GROUP FITNESS)			42 classes
	<b>HAWK Strength</b> 7:30a-8:15a <b>Christine</b> (Group Fitness)		<b>HAWK Strength</b> 7:30a-8:15a <b>Katelyn</b> (Group Fitness)			
					<b>HAWK Cardio 20/10</b> 8:15a-9a <b>Katelyn</b> (Group Fitness)	
<b>HAWK STRENGTH</b> 9a-10a <b>Katelyn</b> (GROUP FITNESS)	<b>GROUP CYCLE</b> 9a-10a <b>Sheila</b> (Group Fitness)	<b>Strong Fit</b> 9a-10a <b>Kathryn</b> (Group fitness)	<b>GROUP CYCLE</b> 9a-10a <b>Yuka</b> (Group Fitness)	<b>HAWK STRENGTH</b> 9a-10a <b>Yuka</b> (GROUP FITNESS)		
					<b>CIRCUIT SQUAD</b> 9:30a-10:15a <b>Shauna</b> (GROUP FITNESS)	
<b>HAWK Cardio</b> 10:30a-11:15a <b>Kathryn</b> (Group Fitness)	<b>HAWK Cardio 20/10</b> 10:30a-11:15a <b>Katelyn</b> (Group Fitness)	<b>HAWK STRENGTH</b> 10:30a-11:30a <b>Yuka</b> (GROUP FITNESS)	<b>HAWK Body Bar</b> 10:30a-11:15a <b>Sheila</b> (GROUP FITNESS)	<b>HAWK Body Bar</b> 10:30a-11:15a <b>Sheila</b> (GROUP FITNESS)	<b>Pop up class</b> 10:30am-11:15am We will announce on Monday of the week!	
	<b>Little Hawk Fitness</b> [for age 3-5 and Parent] 10:30am-11am (Dance Studio A)					
<b>YOGA</b> 11:45a-12:45p <b>Pamela</b> (GROUP FITNESS)	<b>Strength Fundamentals</b> 11:45a-12:30p <b>Katelyn</b> (Group fitness)	<b>YOGA</b> 11:45a-12:45p <b>Pamela</b> (GROUP FITNESS)	<b>Foam Rolling</b> 11:45a-12:45p <b>Yuka</b> (Group Fitness)	<b>YOGA</b> 11:45a-12:45p <b>Robin(NEW!)</b> (GROUP FITNESS)		
<b>Chair Balance and Strength 1p-2p</b> <b>Yuka</b> (Group Fitness)	<b>Chair Yoga</b> 1p-2p <b>Robin (NEW!)</b> (Group Fitness)	<b>Chair Balance and Strength</b> 1p-2p <b>Yuka</b> (Group Fitness)	<b>Chair Yoga</b> 1p-2p <b>Robin (NEW!)</b> (Group Fitness)	<b>Chair Balance and Strength</b> 1p-2p <b>Yuka</b> (Group Fitness)		
		<b>FIT 5000</b> 4:00p-4:45p <b>Deb</b> (DANCE STUDIO B)	<b>☆New Yoga Classes Starts!</b> Fri 11:45am Yoga with Robin, Tue & Thurs 1pm Chair Yoga with Robin Tue & Wed 6:30pm Relax and Renew Yoga with Bharti			
<b>GROUP CYCLE</b> 5:45p-6:45p <b>Christine</b> (GROUP FITNESS)	<b>Power Core &amp; Glutes</b> 5:30p-6:15p <b>Laura</b> (Group Fitness)	<b>GROUP CYCLE</b> 5:45p-6:45p <b>Christine</b> (GROUP FITNESS)	<b>Strength &amp; Fitness</b> 5:30p-6:30p <b>Katelyn</b> (Group Fitness)	<b>Group Cycle – Group Fitness Room</b> <b>Strength/Core – Group Fitness Room</b> <b>Circuit/Interval/Aerobics – Group Fitness Room,</b> <b>Foam Rolling- Group fitness Room</b> <b>Yoga – Group Fitness Room</b> <b>Activity Room AB (2F)</b> <b>Dance Fitness – Dance Studio A (1F)</b> <b>Dance Studio B (2F)</b> <b>Performance Studio( 1F)</b>		
<b>ZUMBA</b> 6p-7p <b>Karen</b> (Dance Studio A)	<b>Hustle Line Dance</b> 6p-7p <b>Deb</b> (Dance Studio A)	<b>ZUMBA</b> 6p-7p <b>Karen</b> (Dance Studio A)				
	<b>RELAX AND RENEW</b> <b>Yoga</b> 6:30pm-7:30pm <b>Bharti (NEW!)</b> (Activity Room 2F)	<b>RELAX AND RENEW</b> <b>Yoga</b> 6:30pm-7:30pm <b>Bharti(NEW!)</b> (Activity Room 2F)				
<b>Boot Camp</b> 7:00p-7:45p <b>Laura</b> (Group Fitness)	<b>Cardio Boxing</b> 6:30p -7:15p <b>Shauna</b> (Group fitness)	<b>Boot Camp</b> 7:00p-7:45p <b>Laura</b> (Group Fitness)	<b>Strength &amp; Fitness</b> 6:45p-7:45p <b>Katelyn</b> (Group Fitness)			

**Aquatic Group classes**

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Water Aerobics</b> 9am-9:55am <b>Mary</b> (Leisure Pool)	<b>H2O MAX(Shallow)</b> 9am-9:55am <b>Debbie</b> (Leisure Pool)	<b>Water Aerobics</b> 9am-9:55am <b>Mary</b> (Leisure Pool)	<b>Water Aerobics</b> 9am-9:55am <b>Mary</b> (Leisure Pool)	<b>Water Aerobics</b> 9am-9:55am <b>Alexandra</b> (Leisure Pool)	10 classes
<b>Deep Water Aerobics</b> 10:00am-10:55am <b>Mary</b> (Deep Water)	<b>Aquatic HIIT MIX (Deep)</b> 10:00am-10:55am <b>Debbie</b> (Deep Water)	<b>Deep Water Aerobics</b> 10:00am-10:55am <b>Beth</b> (Deep Water)	<b>Deep Water Aerobics</b> 10:00am-10:55am <b>Janeen</b> (Deep Water)	<b>Deep Water Aerobics</b> 10:00am-10:55am <b>Alexandra</b> (Deep Water)	

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 Fit 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.

**Hawk Body Bar :** A total body workout using a weighted body bar with music. This program is designed to build and strengthen muscles utilizing light to heavy weighted body bars. 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 challenging the core and improves 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, any levels.

**Strong Fit:** Focusing on each muscle group to tone and strengthen them by using dumbbells, resistance bands and body weight exercises. Leave each class feeling stronger and stronger!

**Strength & Fitness:** Learn proper form and technique for various strength training exercises using dumbbell's, bands, medicine balls, and more. This class will focus mainly on strength and all the different ways you can structure a strength workout. This will be full body routine with something a bit different each time. Bring a sweat towel and a water bottle!

**Chair Balance & 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.

**Cardio Boxing:** 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.

**Boot Camp:** 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.

**Hawk Cardio 20/10:** Fast paced and fun cardio interval workout, no equipment needed; just you! 20 seconds of hard, all-out work and effort followed by 10 seconds of rest. You will increase your endurance, strength, and agility, bring a sweat towel, a water bottle, and the willingness to challenge yourself.

**Hawk Cardio :** Full body work out incorporating cardio, body weight exercises, step and dumbbells. Come ready to move and work hard with choreographed exercises along with fun music. Make sure to bring a towel and water bottle ready to sweat!

**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.

**NEW!RELAX AND RENEW Yoga:** Experience how Yoga can enhance your flexibility, strength and overall well-being. This class based on the classical style takes a holistic approach emphasizing both physical and emotional well-being. The practices will include Asanas' (Physical Postures), Pranayamas' (Breathing Techniques) and Relaxation. All levels welcome.

**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.

**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:** - Have fun, learn favorite party hustles, and keep fit with low impact dance moves to R & B music. Hustles will include simple to more complex dance patterns; experience is helpful but not required. Routines are a mix of current and classic hustles. Recommended attire: comfortable clothing & smooth-soled, non-marking shoes or sneakers. Bring water and a 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.

**NEW! Little Hawk Fitness:** The fun fitness program for kids and parent! Games, basic fitness movement and Yoga-it's all there! This program may help you and your child to improve strength, stamina, flexibility and raise overall fitness levels!

### Aquatic Program:

**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 swim, but you should be comfortable in the water

**H2O MAX (Shallow)-** Cardio, strength training, core & more! You get it all done in the safe environment of the pool and have fun doing it.

There is lots of variety in this class for all fitness levels. Bring water bottle!

**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 minutes of intense weight training and 10 minutes of abs core workout. You do not need to know how to swim but must 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 with slower , longer intervals. MIX in some deep water stretching & you have a next level aquatic class experience! Bring water bottle.