

GROUP EXERCISE SCHEDULE - THE HAWK

August 2022

SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
	GROUP CYCLE 5:45a-6:30a Becky (GROUP FITNESS)		GROUP CYCLE 5:45a-6:30a Becky (GROUP FITNESS)			40 classes
	HAWK Strength 7:30a-8:15a Christine (Group Fitness)		HAWK Strength 7:30a-8:15a Katelyn (Group Fitness)			
					HAWK Cardio 20/10 8:15a-9a Katelyn (Group Fitness)	
HAWK STRENGTH 9a-10am Katelyn (GROUP FITNESS)	HAWK STRENGTH 9a-9:45am Sheila (GROUP FITNESS)	HAWK STRENGTH 9a-10am Yuka (GROUP FITNESS)	GROUP CYCLE 9a-10am Yuka (GROUP FITNESS)	HAWK STRENGTH 9a-10am Yuka (GROUP FITNESS)		
	YOGA 9:15a-10am Lulu (Harrison Hall)	NEW!	YOGA 9:15a-10am Lulu (Harrison Hall)		CIRCUIT SQUAD 9:30a-10:15a Shauna (GROUP FITNESS)	
HAWK Cardio 20/10 10:30a-11:15am Yuka (Group Fitness)	HAWK Cardio 20/10 10:30a-11:15am Katelyn (Group Fitness)	Strength Fundamentals 10:30a-11:15am Morgan (Group fitness)	Strength Fundamentals 10:30a-11:15am Morgan (Group fitness)	HAWK STRENGTH 10:30a-11:15am Sheila (GROUP FITNESS)	Strength Fundamentals 10:30a-11:15am Morgan (Group fitness)	
YOGA 11:45a-12:30pm Lulu (GROUP FITNESS)	Strength Fundamentals 11:45a-12:30am Katelyn (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 Balance & Strength 1p-1:45p Yuka (Group fitness)		Chair Yoga 1p-1:45p Yuka (Group fitness)			
		FIT 5000 4:00p-4:45pm Deb (DANCE STUDIO B)				
				** NOTE: Yellow circle: NEW CLASS!		
GROUP CYCLE 5:45p-6:45pm Christine (GROUP FITNESS)	Power Core & Glutes 5:30p-6:15pm Laura (Group Fitness)	GROUP CYCLE 5:45p-6:45pm Christine (GROUP FITNESS)	Strength & Fitness 5:30p-6:30pm Katelyn (Group Fitness)	Group Cycle – Group Fitness Room		
ZUMBA 6p-7p Karen (Dance Studio B)	Hustle Line Dance 6p-7p Deb (DANCE STUDIO A)	ZUMBA 6p-7p Karen (Dance Studio B)		Strength/Core – Group Fitness Room Circuit/Interval/Aerobics – Group Fitness Room, Side Parking Lot		
	YOGA 6p-6:45pm Lulu (Black Box Theatre)		YOGA 6p-6:45pm Lulu (Black Box Theatre)	Yoga – Group Fitness Room Dance Studio A(1F) Harrison Hall, Black Box Theatre		
HAWK MIX 7:00p-7:45pm Laura (Side Parking Lot/Group Fitness)	HAWK FITBOX 6:30p-7:15pm Shauna (Group fitness)	HAWK MIX 7:00p-7:45pm Laura (Side Parking Lot/Group Fitness)	Strength & Fitness 6:45p-7:45pm Katelyn (Group Fitness)	Dance Fitness – Dance Studio A (1F) Dance Studio B (2F)		

July Aquatic Group classes

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

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.

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.

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.

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.

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.

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.

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 enviroment 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 comfrotable 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.