



New Palestine March 2024

**Hours of operation: M – F 5:30 a.m. - 9:00 p.m.; Sat 7:00 a.m. - 5:00 p.m.; Sun 8:00 a.m. - 5:00 p.m.
 Jungle Club Hours: Monday-Friday 8:00am-1:00pm and 4:00pm-8:00pm | Saturday and Sunday 8:00am-Noon**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Sculpt 5:30 – 6:30am Guy	Cycling 5:30 – 6:30am John	Power Pump 5:30 – 6:30am Brooke	Cardio Power 5:30 – 6:30am Brooke	Body Sculpt 5:30 – 6:30am Guy	Boxing 8 – 9am Amy
Cardio Combo 9 – 10am Tina	Guts & Glutes 5:30 – 6:15am Stephanie A.	Air Bike 30 8 – 8:30am Carly E.	Sunrise Stretch 8:05 – 9:00am Debbie	Cycling 9 – 10am Stephanie M.	Strength Cycle 8 – 9am John
Cycling 9 – 10am Stephanie M.	Circuit Strength 8:05 – 8:50am Stephanie M.	Total HIIT Fit 8 – 8:45am Carly R.	Dance Fitness 9 – 10am Tina	Barbell Blast 9 – 10am Tina	Step Blast 8:45 – 9:45am Dawn
Pilates 10:15 – 11:15am Stephanie	Treadmill Pump 8 – 9am Meghann	Cycling 9 – 10am Stephanie M.	Barre 9 – 10am Andrea	Pilates 10:15 – 11:15am Stephanie M.	Cycling 9:15 – 10:15am Debbie
Senior Strech 10:15 – 11am Janis	Boxing 9 – 10am Stephanie M.	PiYo 9 – 10am Tina	Body Sculpt 10 – 11am Stephanie M.	Forever Fit 11:15 – 12pm Michelle	Boxing 9 – 10am Amy
Forever Fit 11 – 11:45am Nola	Step Blast 9 – 10am Tina	Zumba Gold 10 – 10:45am e!	TreadWalk 30 10 – 10:30am e!		Matwork 10 – 11am Dana
HIIT 2B Fit 5 – 6 pm Jana	Slow Flow Yoga 10 – 11am Tara	Boxing 10 – 11am Stephanie M.	Solid Strength 5:30 – 6:30pm John		
Cardio Kick 6 – 7pm Dawn	Body Burn 45 10:15 – 11am Nola	Forever Fit 11 – 11:45am Janis	Box 'n Bells 6:30 – 7:30pm Nichole		
Cycling 6 – 7pm Debbie	Body Sculpt 4:30 – 5:30pm Dana	Tabata 5 – 6pm Amy	Cycling 6:45 – 7:15pm Tina		
	Treadmill Pump 4:30 – 5:30pm Angelina	Core Blast 30 6 – 6:30pm Angelina			
	Matwork 5:30 – 6:30pm Dana	Dance Fitness 6:30 – 7:30pm Tina			
	Step Jam 5:30 – 6:30pm Dawn	Boxing 6:30 – 7:30pm Amy			
	Box 'n Bells 6:30 – 7:30pm Nichole				
	Cycling 6:45 – 7:30pm Krista				
Aquatics Classes					
Aqua Tabata 9:15 – 10:15am Michelle	Aqua Blast 9:15 – 10:15am Janis	Aqua Tabata 9:15 – 10:15am Michelle	Water Walking 8:15 – 9:15am Marianne	Aqua Stretch 9:30 – 10:15am Carly R.	Aqua Tabata 9 – 10am Jon
Aqua Stretch 10:15 – 11am Michelle	Aqua Blast 10:30 – 11:30am Janis	Hydro Sculpt 10:15 – 11:15am Michelle	Aqua Tabata 9:15 – 10am Marianne	Aqua Tabata 9:30 – 10:30am Michelle	
	Aqua Tabata 6:30 – 7:30pm Jon	Aqua Stretch 10:15 – 11am Michelle	Aqua Yoga 10:15 – 11am Marianne		
			Aqua Fit 6:30 – 7:30pm Becky		
Active Aging	Strength	Mind, Body and Spirit	Cardio	Members of all levels are welcome. Dates, times, class configurations and instructors are subject to change. The most accurate information regarding our classes is located in the "Hancock Wellness" app. Please use the app to register for the group exercise classes.	



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Air Bike 30 - A 30 minute cardio class using our Assault/Echo bikes in the CrossFit space. Learn proper technique and get your heart rate up!

Aqua Fit - Burn fat and calories in this class incorporating cardio as well as a total body workout! This class is perfect for individuals who are fit, pregnant and joint-sensitive. Come join the fun!

Aqua Yoga - Overall body toning focusing on abdominals, back, arms and hips.

Aqua Tabata - A HIIT in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Resistance equipment may or may not be used. All levels can benefit from this class.

Aquatic Stretch - Incorporates the soothing warmth of a heated pool to create a safe, ideal environment for relieving pain and stiffness. Gentle movements increase joint flexibility and range of motion.

Barbell Blast - Get your body shredded! This is a high-energy 50-minute class incorporating sculpting intervals followed by hard core abdominal training. This will help to lose body fat and increase strength.

Beginner CrossFit - When you begin training, a supportive CrossFit coach will teach you how to move and adjust all workouts to your current fitness level. We will be working on cardiovascular/respiratory endurance, stamina, strength, flexibility, power, coordination, agility, balance, and accuracy.

Body Sculpt -Weights, bands and resistance balls to create a muscle conditioning and strength training workout that will tone muscle and burn fat!

Body Burn 45 - An 45 minute strength class! Expect a full body burn using weights, bands and gliders. Low impact. Any fitness level welcome!

Boxing - Combination of boxing and weighted exercises. This class will incorporate HIIT, obstacles and cardio drills. Wraps & gloves needed for class - the gym has these for purchase at front desk if needed.

Box 'n Bells - Combination of boxing and kettlebells. This class will incorporate HIIT, obstacles and cardio drills. Wraps & gloves needed for class - the gym has these for purchase at front desk if needed.

Cardio Combo - Get your body shredded! This is a high-energy 50-minute class incorporating cardio and sculpting intervals followed by hard core abdominal training. This will help to lose body fat, increase cardiovascular efficiency, and increase strength.

Cardio Kick - A strength interval class with high intensity. Modification are shown for beginner level participants. Circuit Strength: Circuit class is a station based muscular, strength & endurance class which alternates muscle groups for a full body workout.

Cardio Power - A nonstop HIIT style workout that is guaranteed to get your heart rate up, body sweaty and burn fat!

Core Blast 30 - A quick 30 minutes for strengthening and conditioning of the core muscles surrounding the middle of the body—the abdomen, hips, pelvis, and lower back. These muscles protect the spine and are responsible for stabilizing and balancing the body during movement.

Cycling - Gear it up! Ride into high gear with this incredible and exhilarating stationary bike class. Instructors will show you various intensity options.

Dance Fitness - Basic Cardio and Fitness moves infused into mini dances to a plethora of music styles.

Forever Fit - Sculpt and tone those muscles in Forever Fit. A 50-minute class incorporating bands and balls to strengthen upper and lower body. Each instructor formats class a little different. Expect tabata style from some or a strength focus from others.

Guts & Glutes - A 45-minute gut and glute burner class. This is a great class to “wake up” some of those trouble areas!

H.I.I.T. 2B Fit - A form of interval training, a cardio class that involves alternating short periods of intense anaerobic exercise with less intense recovery periods.

Hydro Sculpt - The aqua circuit program enables just about anyone to work out in the water regardless of fitness level, as each individual works at a level that suits their body on each of the stations. A cardio class presented in intervals along with conditioning. You will receive cardiovascular and strength training benefits in one.

Matwork - This class involves a series of classical Pilates exercises. Each exercise emphasizes breath, core conditioning, and body awareness. Instructors will pay special attention to alignment and form. Props may be used to add challenge or assistance throughout the class.

Pilates - Lose inches in your waistline! Learn how to strengthen and tone your chest, back, abdominals, hips and thighs.

PIYo - Yoga and Pilates inspired workout using only your body weight, to build strength, flexibility, and muscle tone.

Power Pump - Get your body shredded! This is a 50-minute class incorporating sculpting intervals followed by hard core abdominal training. This will help to lose body fat and increase strength early in the morning.

Slow Flow Yoga - Class is designed to learn the basic Yoga poses, effective stretching, breathing techniques, and the art of relaxation. The basic techniques can be used as building blocks for a more advanced Yoga practice. Modifications will be given if participants are more advanced.

Solid Strength - After a 10 min. warm up, you will use weights, bands and resistance balls to create a muscle conditioning and strength training workout that will tone muscle and burn fat!

Step Blast - Traditional step moves reinvented into challenging combinations designed to challenge your feet, legs and mind.

Step Jam - A high energy fusion step class for all fitness levels with an emphasis on cardio endurance and strength.

Strength Cycle - 30 minutes advanced cycling + 30 minutes strength and cycling!

Senior Stretch - This class will have a more general in focus, targeting all major muscle groups through both static stretching (holding a position for a set amount of time) and dynamic stretching (moving through a range of motion that stretches your muscles).

Sunrise Stretch - Limber up from your head to your toes for 45 minutes in this guided practice that incorporates both dynamic and static stretching. Improve your balance and walk out of class with a looser back and increased range of motion!

Tabata - A HIIT (High Intensity Interval Training) class. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. This is both a cardio and strength workout.

Tread 30 Walk: A class that will get your heartrate up through walking. No running incorporated. Expect hill climbing, sled pushes, interval training!

Treadmill Pump: A high intensity interval training class. Alternating between the treadmill and strength training, you will work at your own pace while being challenged to take it to your next level.

Water Walking - The aqua circuit program enables just about anyone to work out in the water regardless of fitness level, as each individual works at a level that suits their body on each of the stations. A cardio class presented in intervals along with conditioning. You will receive cardiovascular and strength training benefits in one.

Zumba Gold - Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity.

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