



## Greenfield April 2024

**Kids Fit Hours:** Monday-Friday 1:00pm- 5:00pm & 7:00pm-8:30pm | Saturday-Sunday 12:00pm-4:00pm  
**Jungle Club Hours:** Monday-Friday 8:00am-1:00pm and 4:00pm-8:00pm | Saturday and Sunday 8:00am-Noon  
**Facility Hours:** Monday-Friday 5:30am-9:00pm | Saturday 7:00am-5:00pm | Sunday 8:00am-5:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30 am Cycling Christine (upstairs studio)		5:30-6:30 am Cycling Christine (upstairs studio)		
8:00-9:00 a.m. <b>STRONG</b> Reyna (upstairs studio)	8:00-9:00 a.m. Yoga Samie (upstairs studio)	8:00-9:00 a.m. Ultimate Pilates Christine (upstairs studio)	8:00-9:00 a.m. Yoga Samie (upstairs studio)	8:00-9:00 a.m. Ultimate Pilates Christine (upstairs studio)	8:00-9:00 a.m. Yoga Samie (upstairs studio)	8-9am Cycling Christine (upstairs studio)
9:00-10:00 a.m. Yoga Joni (upstairs studio)	9-10 am Zumba Marielena (upstairs studio)	9:15-10:15 am Lift & Burn Lynne (upstairs studio)	9:15-10:15 am Zumba Christina B. (upstairs studio)	9:15-10:15 am Lift & Burn Lynne (upstairs studio)	9-10 am Zumba Christina B. (upstairs studio)	9-10am Sculpt & Tone Barb (upstairs studio)
	12:30-1:30 pm Toning Body Flow Reyna (upstairs studio)	12:15-1 pm Lift & Burn Lynne (upstairs studio)	4:30-5:15 pm <b>STRONG</b> Reyna (upstairs studio)	12:15-1 pm Lift & Burn Lynne (upstairs studio)		10-11am Zumba Alternating (upstairs studio)
	4:30-5:15 pm Sculpt & Tone Christina B. (upstairs studio)		5:30-6:30pm Zumba Andi (upstairs studio)			
	5:30-6:30 pm Zumba Christina B. (upstairs studio)	5-5:45 pm Triple Threat Toning Guy (upstairs studio)	5:30-6:15pm H.I.I.T Alternating (basketball court)			
	5:30-6:15 pm H.I.I.T Alternating (basketball court)		6:30-7:30 pm Yoga Samantha (upstairs studio)	5:30-6:30 pm Cycling Jonie S. (upstairs studio)		
	6:30-7:30 pm Yoga Joni (upstairs studio)	6:30-7:30 pm Lift & Burn Lynne (upstairs studio)	6:30-7:30 pm <b>POUND</b> Jonie S. (basketball court)	6:30-7:30 pm Lift & Burn Lynne (upstairs studio)		
		9:30-10:30 am Forever Fit Judy (basketball court)		9:30-10:30 am Forever Fit Janis (basketball court)		9:15-10am Zumba Gold Carol (basketball court)
		11:15-Noon Tai Chi Judy (education room)		11:15-Noon Tai Chi Judy (education room)		
<b>Aquatic Classes</b>						
	9-10 am Aqua Blast Judy		9:15-10 am Aqua Tabata Pam	9-10 am Aqua Circuit Judy	9:15-10 am Aqua Tabata Pam	9-10 am Aqua Zumba Mary
	10-11 am Aqua Pilates Judy	9:15-10 am Aqua Walk/Core Pam	10-11 am HydroSculpt Pam	10-10:30 am Aqua Core Judy		
1:00-2:00 p.m. Aqua Tabata Tabatha (10 <sup>th</sup> and 24 <sup>th</sup> )	11:00-11:45am Arthritis Aquatics Judy	10-11 am HydroSculpt/Tabata Pam	11:00-11:45am Arthritis Aquatics Pam			
		6-7 pm Aqua Blast Barb		6-7 pm Aqua Blast Tabatha		

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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**Cycling Classes** 🟡🟡🟡🟡 - Gear it up! Ride into high gear with this incredible and exhilarating stationary bike class. Instructors will show you various intensity options. (50 min.)

**Zumba** 🟡🟡🟡 - High energy aerobic class incorporating basic Latin steps & fitness. (50 min)

**Zumba for Kids!** 🟡 - Exclusively for kids. High-energy fitness parties packed with specially choreographed, kid-friendly routines and all the music kids love (30 min.)

**Triple Threat Toning** 🟡🟡🟡 - 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! (50 min.)

**Pound Fit** 🟡🟡 - Using Ripstix, lightly weighted drumsticks engineered for an incredibly effective workout including full-body cardio, conditioning, and strength training with yoga and Pilates-inspired movements (50 min)

**Sculpt & Tone** 🟡🟡🟡 - No cardio segment here. 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! (50 min.)

**Forever Fit** 🟡🟡 - Sculpt and tone those muscles in Forever Fit. A 50-minute class incorporating bands and balls to strengthen upper and lower body. (50 min.)

**H.I.I.T** 🟡🟡🟡🟡 - 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. (50 min.)

**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. (50 min.)

**Ultimate Pilates** 🟡🟡 - Lose inches in your waistline! Learn how to strengthen and tone your chest, back, abdominals, hips and thighs. (50 min.)

**Tai Chi for Health** 🟡 - Tai Chi is an ancient practice proven to reduce pain and improve your mental & physical well-being. These Tai Chi routines are safe, easy to learn, and suitable for every fitness level. (45 min.)

**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. (45 min)

**Aquatic Arthritis Foundation Program** 🟡 - Incorporates the buoyancy of water and the soothing warmth of a heated pool to create a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while new exercise variations help build stronger muscles and overall stamina. Led by Arthritis Foundation certified instructors. (45 min.)

**Aqua Blast** 🟡🟡 - Burn fat and calories in this cardio class. This class is perfect for individuals who are fit, pregnant and joint-sensitive. Come join the fun! (50 min.)

**Aqua Core & Walk** 🟡 - Put your torso to the test with this workout, followed by walking routine to get that heart rate up! (55 min)

**Aqua Pilates** 🟡 - Overall body toning focusing on abdominals, back, arms and hips. (50 min.)

**Hydro Sculpt** 🟡🟡🟡 - Tone and strengthen those muscles in the water! This 50-minute class will incorporate the use of bands, dumbbells and noodles to sculpt your body. (50 min.)

**Aqua Tabata** 🟡🟡🟡 - A HIIT (High Intensity Interval Training) 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.

**Lift & Burn** 🟡🟡🟡🟡 Elevate your heart rate to burn fat while strengthening your body! These moves are simple and effective.

**STRONG Nation** 🟡🟡🟡🟡 - combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. (50 min.)

**Toning Body Flow** 🟡🟡 - a mix of yoga and pilates movements, muscular endurance and resistance training, and low impact moves with the assistance of fit balls, resistance bands and light weights. (50 min.)

**Level of Intensity:** Level 1= 🟡 Level 2= 🟡🟡 Level 3= 🟡🟡🟡 Level 4= 🟡🟡🟡🟡

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