



**New Palestine September 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	Barre 7:30 – 8:30am Robin
Barre 8 – 9am Robin	Guts & Glutes 5:30 – 6:15am Stephanie A.	Mat Pilates 7 – 7:50am Robin	Sunrise Stretch 8:05 – 9:00am Chelsea	HIIT 2B Fit 6:45 – 7:30am Nichole	Boxing 8 – 9am Amy
Cardio Combo 9 – 10am Tina	Ignite 8 – 8:30am Brooke/e!	Total HIIT Fit 8 – 8:45am Carly R.	Strength Cycle 8 – 9am Meghann	Barre 8 – 9am Robin	Strength Cycle 8 – 9am John
Cycling 9 – 10am Stephanie M.	Treadmill Pump 8 – 9am Meghann	Cycling 9 – 10am Stephanie M.	Dance Fitness 9 – 10am Tina	Cycling 9 – 10am Stephanie M.	Step Blast 8:45 – 9:45am Dawn
Pilates 10:15 – 11:15am Chelsea	Circuit Strength 8:05 – 8:50am Stephanie M.	PiYo 9 – 10am Tina	Barre 9 – 10am Andrea	Barbell Blast 9 – 10am Tina	Boxing 9 – 10am Amy
Senior Strech 10:15 – 11am Janis	Boxing 9 – 10am Stephanie M.	Zumba Gold 10 – 10:45am e!	Body Sculpt 10 – 11am Stephanie M.	Pilates 10:15 – 11:15am Chelsea	Matwork 10 – 11am Dana
Forever Fit 11 – 11:45am Nola	Step Blast 9 – 10am Tina	Boxing 10 – 11am Stephanie M.	TreadWalk 30 10 – 10:30am e!	Forever Fit 11 – 11:45am Michelle	
HIIT 2B Fit 5 – 6 pm Angelina/Jana	Slow Flow Yoga 10:15 – 11:15am Tara	Body Burn 11am – 11:45am Nola	FitXAF 10 – 11am Nola		
Cardio Kick 6 – 7pm Dawn	Body Sculpt 4:30 – 5:30pm Dana	Forever Fit 11 – 11:45am Janis	Solid Strength 5:30 – 6:30pm John		
Cycling 6 – 7 pm Guy	Treadmill Pump 4:30 – 5:30pm Angelina	Tabata 5 – 6pm Amy	Box 'n Bells 5:30 – 6:30pm Nichole		
	Matwork 5:30 – 6:30pm Dana	Core Blast 30 6 – 6:30pm Angelina	Cycling 6:45 – 7:15pm Tina		
	Step Jam 5:30 – 6:30pm Dawn	Dance Fitness 6:30 – 7:30pm Tina			
	Box 'n Bells 5:30 – 6:30pm Nichole	Boxing 6:30 – 7:30pm Amy			
	Cycling 6:45 – 7:30pm Krista				
<b>Aquatics Classes</b>					
Aqua Tabata (RP) 9:15 – 10:15am Michelle	Aqua Blast (RP) 9:15 – 10:15am Janis	Aqua Tabata (RP) 9:15 – 10:15am Michelle	Water Weights (RP) 8 – 8:45 am Brooke A.	Aqua Stretch (TP) 9:30 – 10:15am Carly R.	Aqua Tabata (RP) 9 – 10am Jon
Aqua Stretch (TP) 10:15 – 11am Michelle	Aqua Blast (RP) 10:30 – 11:30am Janis	Hydro Sculpt (RP) 10:15 – 11:15am Michelle	Aqua Fit (RP) 6:30 – 7:30pm Becky	Aqua Tabata (RP) 9:30 – 10:30am Michelle	
	Aqua Tabata (RP) 6:30 – 7:30pm Jon	Aqua Stretch (TP) 10:15 – 11am Michelle			
RP = Rec Pool TP = Therapy Pool					
<b>Active Aging</b>	<b>Strength</b>	<b>Mind, Body and Spirit</b>	<b>Cardio</b>	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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**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 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.

**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.

**Ignite** - Located in the CrossFit space. This high intensity class will include many options for interval training cardio to improve your cardiovascular system. This includes rowing, air bikes, ski erg, track for walking/running plus functional fitness movements. Class will range from 30 - 45 minutes each week (various times due to level of class intensity).

**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.

**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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