



New Palestine June 2026

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.

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 Combo 7:15 – 8am Malinda	Body Sculpt 5:30 – 6:30am Guy	Barre 7:30 – 8:30am Robin
PULSE 5:30 – 6:30am Kim	Total Fit 5:30 – 6:15am Stephanie A.	Mat Pilates 7 – 7:50am Robin	Stretch & Mobility 8:05 – 9:00am Stephanie M.	PULSE 5:30 – 6:30am Kim	Boxing 8 – 9am Amy
Step Blast 7:15 – 8am Malinda	Ignite 8:15 - 9am Brooke/e!	Total HIIT Fit 8 – 8:45am Carly R.	Dance Fitness 9 – 10am Tina	Yoga Flow 6:45 – 7:45am Kathy	Strength Cycle 8 – 9am John
Barre 8 – 9am Robin	Circuit Strength 8:05 – 8:50am Stephanie M..	Cycling 9 – 10am Stephanie M.	Barre 9 – 10am Andrea	ENDURE60 7:30 – 8:30am Jaici	Step Blast 8:45 – 9:45am Dawn
Cycling 9 – 10am Stephanie M.	Boxing 9 – 10am Stephanie M.	PiYo 9 – 10am Tina	Body Sculpt 10 – 11am Stephanie M.	Barre 8 – 9am Robin	Boxing 9 – 10am Amy
Cardio Combo 9 – 10am Tina	Step Blast 9 – 10am Tina	TreadWalk45 9:15 – 10am Nola	FitXAF 10 – 11am Nola/Madge	Treadmill Pump 9 – 10am Kristin	Cycling 9:15 – 10:15am Kelly
Pilates 10:15-11:00am Chelsea	Body Sculpt 4:30 – 5:30pm Dana	Body Burn 10 – 11AM Nola	Solid Strength 5:30 – 6:30pm John	Cycling 9 – 10am Stephanie M.	Matwork 10 – 11am Dana
Forever Fit 10 – 10:45am Nola	Treadmill Pump 4:30 – 5:30pm Angelina	Boxing 10 – 11am Stephanie M.	Cycling 6:30 – 7:15pm Tina	Barbell Blast 9 – 10am Tina	
Forever Fit 11 – 11:45am Nola	Matwork 5:30 – 6:30pm Dana	Forever Fit 10 – 10:45am Diane		Pilates 10:15 – 11:15am Robin	
Fall Prevention 12 – 12:45pm Bekah	Box 'n Bells 5:30 – 6:30pm Nichole	Forever Fit 11 – 11:45am Diane		Forever Fit 10 – 10:45am Kristin	Sunday
HIIT 2B Fit 5 – 6 pm Alternating	Step Jam 5:30 – 6:30pm Dawn	Fall Prevention 12 – 12:45pm Bekah		Forever Fit 11 – 11:45am Michelle	9 – 10am KettleKrush Nichole
Cycling 6 - 7 pm Kelly	Cycling 6:45-7:30pm Krista	Cycle Express 30 4:30 – 5pm Krista		Friday Stretch 11 – 12pm Stephanie M.	Cycling 10 – 10:45am Krista
Cardio Kick 6 – 7pm Dawn		Tabata 5 – 6pm Amy			
Yoga Flow 7 – 8pm Kathy		Core Blast 30 6 – 6:30pm Angelina			
		Dance Fitness 6:30 – 7:30pm Tina			
Aqua Tabata (RP) 9:15 – 10:15am Michelle	Kickboard Cardio(RP) 8:15 : 9:015am Malinda	Aqua Tabata (RP) 9:15 – 10:15am Michelle	Aqua Stretch (TP) 7:30 – 8:15am Chelsea N.	Aqua Stretch (TP) 9:30 – 10:15am Carly R.	Aqua Tabata (RP) 9 – 10am Jon
Aqua Stretch (TP) 10:15 – 11am Michelle	Aqua Tabata (RP) 9:30 – 10:30am Janis		Aqua Tabata/Blast (RP) 8:35 – 9:35AM Malinda	Aqua Tabata (RP) 9:30 – 10:30am Michelle	
	Aqua Fit (RP) 10:30 – 11:30am Janis		Aqua Fit (RP) 6:30 – 7:30pm Becky		
	Aqua Tabata (RP) 6:30 – 7:30pm Jon				RP = Rec Pool TP = Therapy Pool

Active Aging	Strength	Mind, Body and Spirit	Cardio	Aquatics
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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.

Balance, Motion, Fall Prevention - Be balanced and flexible while relating to your body movements, stretching and posture. Experience gentle stretching, as easy, healing movements that meet your body’s needs. As your body provides feedback and relaxes, your mind relaxes. By listening to the body, the benefits include increased balance and coordination, improved strength and flexibility, body awareness, and posture. Better balance and flexibility reduce fall risks and improve the quality of daily life. Have fun while your balanced body knowledge grows! (45 min)

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.

Barre - a low-impact exercise class that combines elements of ballet, yoga, Pilates, and strength training

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 - 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.

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.

ENDURE60 - A treadmill experience blending interval training, hill climbs, and pace work. Designed with runners in mind, this class helps you break plateaus, boost endurance, and elevate your run game. No weights – all cardio!

Friday Stretch - This class will be a combination of yoga poses and flow, with dynamic and static stretching to make you "feel good"! For all levels of fitness.

FitXAF – Fit Extreme & Fun...An intense workout focused on strength training, aerobic fitness, and core exercises. Multiple formats and equipment will be used including dumbbells, assault bikes, rowers, bands, medicine balls, and bodyweight training.

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.

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

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less intense recovery periods.

Hydro Sculpt - 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).

Kickboard Cardio Tone: After a dynamic warmup, class will use mainly a kickboard - and at times a noodle/dumbbell for variety - to increase drag and resistance in the water to strengthen cardiovascular endurance and tone muscles simultaneously. A very challenging workout with maximum calorie burn. Limited to 22 spots due to kickboards!

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.

PULSE: Tread + Strength: 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.

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!

Stretch & Mobility - Limber up from head to toe with 45 minutes of stretching, mobility and balance exercises. We will incorporate dynamic and static stretching along with exercises to increase mobility and range of motion for your entire body.

Tabata - 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.

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.

TreadWalk45 – A 45 minute cardio class that focuses on walking (at your own pace) but does include hills and intervals.

Yoga Flow - Build strength, improve flexibility and reduce stress in this flowing yoga class. Participants will move through a series of accessible postures that enhance balance, mobility and core stability. Modifications are offered for all fitness levels, making this class great for beginners while still providing a rewarding workout. A consistent format helps students gain confidence and feel better with each class.

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