



# July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>CYCLING (45)</b> 5:30 AM - S1 Rachel K.	<b>Total Strength</b> 5:30 AM - S3 Becky	<b>CYCLING (45)</b> 5:30 AM - S1 Rachel K.		<b>Slow Flow Yoga</b> 8:30 AM - S2 Trevor	
<b>Strength Development (45)</b> 6:00 AM - S3 Trevor	<b>Mat Pilates (45)</b> 6:00 AM - S2 Monica			<b>Metabolic Burn</b> 6:00 AM - S3 Karina	<b>H2O Circuit</b> 9:00A M - Pool Staff	
					<b>BODYCOMBAT™</b> 9:00 AM - S3 Leanna E.	<b>BODYPUMP™</b> 9:00 AM - S3 Lisa
<b>Cardio HIIT (30)</b> 11:30 AM - S3 Tim					<b>BODYPUMP™</b> 10:00 AM - S3 Candice	<b>BODYBALANCE™</b> 10:00 AM - S2 Candice
<b>Total Strength (30)</b> 12:00 PM - S3 Tim	<b>Flow Yoga</b> 12:00 PM - S2 Dee	<b>RPM™ (45)</b> 11:30 AM - S1 Candice	<b>BODYPUMP™</b> 12:00 PM - S3 Morrisa	<b>RPM™ (45)</b> 11:30 AM - S1 Candice		
	<b>Strength Development (45)</b> 12:00 PM - S3 Lauren	<b>Glute/Core Fusion (45)</b> 12:15 PM - S2 Tim	<b>Flow Yoga</b> 12:00 PM - S2 Trevor	<b>HERO Pilates (45)</b> 12:15 PM - S2 Karen B.		
<b>Mat Pilates (45)</b> 4:30 PM - S2 Kristen		<b>Cardio Barre</b> 4:30 PM - S3 Karen B.		<b>BODYPUMP™</b> 4:30 PM - S3 Trevor		
<b>BODYCOMBAT™</b> 4:30 PM - S3 Candice	<b>BODYPUMP™</b> 4:30 PM - S3 Morrisa	<b>Essentrics</b> 5:30 PM - S2 Lisa	<b>Cardio HIIT (30)</b> 4:30 PM - S3 Tim			
<b>RPM™ (45)</b> 5:30 PM - S1 Chris	<b>Glute/Core Fusion (30)</b> 5:00 PM - S2 Kat	<b>BODYCOMBAT™</b> 5:30 PM - S3 Fabricia	<b>Strength Development (45)</b> 5:00 PM - S3 Tim			
<b>BODYPUMP™</b> 5:30 PM - S3 Candice	<b>Flow Yoga</b> 5:30 PM - S2 Trevor	<b>Aqua Interval</b> 6:00 PM - Pool Christina	<b>BODYBALANCE™</b> 4:30 PM - S2 Candice			
<b>Essentrics</b> 5:30 PM - S2 Lisa	<b>Zumba</b> 5:30 PM - S3 Jenna	<b>BODYPUMP™</b> 6:30 PM - S3 Fabricia	<b>HERO Circuit (45)</b> 5:30 PM - S2 Trevor			

TOTAL BODY    CYCLING    MIND/BODY    AQUA    CARDIO

**FITNESS CENTER HOURS:**

Monday - Thursday 5:00 a.m. - 10:00 p.m.  
 Friday 5:00 a.m. - 9:00 p.m.  
 Saturday - Sunday 7:00 a.m. - 5:00 p.m.  
*Operating hours subject to change.*

**CLASS LOCATIONS:**

S3 – Studio 3 (basement)  
 S2 – Studio 2 (ground floor)  
 S1 – Studio 1 (ground floor cycling studio)  
 Green Roof — Take elevator to 3rd Floor



**AQUA INTERVAL** - Interval water aerobics offers the benefits of anaerobic and aerobic intervals for a fat-burning total body workout in a non-impact setting.

**BODYCOMBAT™** - This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master. Your instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

**BODYBALANCE™** - Is the yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered. Happy.

**BODYPUMP™** - The original barbell class, will sculpt, tone and strengthen your entire body, fast! Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

**CARDIO HIIT** – Simple, athletic movements performed in short, explosive intervals for an efficient, effective cardio workout. Timed anaerobic work (based on your heart rate monitor or rate of perceived exertion) is followed by aerobic recovery to stimulate improved cardiovascular performance, while burning fat and calories.

**CARDIO BARRE** – Our high energy, low-impact class combines large range, whole body movements and intense isolation exercises to work the entire body while developing greater physical awareness and posture. This energizing class will strengthen the muscles of your core, arms, thighs, and seat and give your heart a pumping cardio workout. A final stretch at the finish encourages muscle length, balance, and recovery.

**CYCLING** - Our cycling classes provide a low-impact, customized intensity workout that will help you push your fitness to a new level.

**ESSETRICS** - Is a dynamic workout that lengthens and strengthens every muscle in the body, resulting in greater joint mobility and lean, long muscles. This completely original workout draws on tai chi, ballet, and physiotherapy, combined to create health and balance, long and lean muscles, and create a pain free body.

**FLOW YOGA** – This an intense, detoxifying, empowering and completely engaging practice. It is a challenging strength and stamina focused class that provides a powerful workout. This class will help you attain a stronger, more toned yoga body and a calmer, more focused mind.

**GLUTE/CORE FUSION** - Join us for a short form strength class designed to sculpt your glutes and core. This class will develop all aspects of your glutes and help you build a stronger more functional core in either a 30min or 45min express format.

**H2O CIRCUIT** - Water aerobics offers a total body workout in a non- impact setting. We combine cardiovascular, strength and flexibility exercises to provide you with a complete workout. Whether you are rehabilitating from an injury or simply looking for something new to try, come experience H2O!

**HERO CIRCUIT** - In this 45-minute class, you'll strengthen your core, glutes, legs and upper body for a highly efficient and effective workout. The HEROBOARD™ is a highly functional moving exercise platform that provides added resistance and the ability to exercise in a whole new way. Whether you're a beginner or an athlete, HERO Circuit will challenge you like nothing has before.

**HERO PILATES**- This 45-minute class combines the high-intensity of HERO CIRCUIT with the foundational movements of Mat Pilates. The HEROBOARD™ mimics a Pilates reformer machine and helps you train your way to a rock solid core.

**MAT PILATES** – Think “long lean body.” This class focuses on strength and flexibility of the entire core or “powerhouse” and is based on the traditional studies of Joseph Pilates. The exercises combine core activities and breathing/relaxation. All levels welcome.

**METABOLIC BURN** – A total body workout that combines classic strength building with cardio to create the ultimate metabolic conditioning session.

**RPM™** - A group indoor cycling workout where you control the intensity. It's fun, low-impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

**SLOW FLOW YOGA** – For those who are beginners to flow yoga or who wish to practice at a slower pace, this class is a perfect way to end the day – nourishing body and mind.

**SUNRISE YOGA** – Join us outdoors on the Green Roof for a gentle flow yoga class to greet the day. Smooth movements help participants achieve better posture, flexibility, balance and strength while meditation helps to improve focus. All levels welcome. Class will be held in Studio 2 in inclement weather.

**STRENGTH DEVELOPMENT**– Aimed at those wanting to get stronger, Les Mills Strength Development is a 45-minute workout focused on heavier weights and classic strength-training protocols. The progressive design of this class works to push your limits and increase your strength. Whether you're new to lifting or a seasoned pro, this class will build your strength and boost your confidence with weight training.

**TOTAL STRENGTH** – This total body class focuses on achieving muscular strength through simply choreographed exercises targeting all muscle groups.

**ZUMBA™** – Combines high energy, captivating music with Latin inspired moves that will leave you asking for more. Zumba™ is a “feel good” workout geared toward all levels. We bet you'll find the dancer within. All levels welcome.

- **In-person classes require a reservation. Members may reserve a class up to 24 hours in advance on the member app or online portal.**
- **Please arrive at least 5 minutes early for all in-person classes to allow for setup time; late arrival may result in the loss of your reservation**
- **Access our virtual classes on the member app or desktop portal at [ahwc.clubautomation.com](http://ahwc.clubautomation.com)**
- **Reservations are not required to participate on Zoom**
- **In-person ONLY classes: all cycling classes, Pool classes , HERO Circuit**
- **All classes are 55 minutes unless otherwise indicated call 303-724-9355**
- **We reserve the right to modify the group exercise schedule based on participation and staff availability**