



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN
	GROUP CYCLE 5:45a-6:30a Becky (GROUP FITNESS)		GROUP CYCLE 5:45a-6:30a Becky (GROUP FITNESS)			
Morning Yoga 7:30a-8:15a Robin (Group Fitness)	HAWK Strength 7:30a-8:15a Christine (Group Fitness)	Morning Yoga 7:30a-8:15a Robin (Group Fitness)	HAWK Strength 7:30a-8:15a Christine (Group Fitness)			
NEW!		NEW!			HAWK Cardio 30/10 8:15a-9a Jerry (Group Fitness)	Vinyasa Yoga 8:30a-9:30a Robin (Group Fitness)
HAWK STRENGTH 9a-10a Tate (GROUP FITNESS)	Hawk Cardio 20/10 9a-9:45a Christine (Group Fitness)	Strong Fit 9a-10a Maria(NEW!) (Group fitness)	Cardio Interval 9a-10a Yuka (Group Fitness)	HAWK STRENGTH 9a-10a Yuka (GROUP FITNESS)		
					CIRCUIT SQUAD 9:30a-10:15a Adam (GROUP FITNESS)	
STEP & Core 10:15a-11:15a Yuka (Group Fitness)	Vinyasa Yoga 10:15a-11:15a Robin (OUTDOOR/Group Fitness 386)	Hawk Strength 10:15a-11:15a Yuka (Group Fitness)	Vinyasa Yoga 10:15a-11:15a Robin (OUTDOOR/Group Fitness 386)			
	Find Outdoor Yoga Classes! (*Weather permitting)				Sat Pop up class 10:30am-11:15am (Group Fitness)	
NEW!		NEW!				
Therapeutic Yoga 11:45a-12:45p Usha (Group Fitness)	Strength Fundamentals 11:45a-12:30p Asal (Group fitness)	Therapeutic Yoga 11:45a-12:45p Usha (Group Fitness)	Strength Fundamentals 11:45a-12:30p Asal (Group Fitness)			
Chair Balance and Strength 1p-2p Yuka (Group Fitness)	Chair Yoga 1p-2p Robin (Group Fitness)	Chair Balance and Strength 1p-2p Yuka (Group Fitness)	Chair Yoga 1p-2p Robin (Group Fitness)	Chair Balance and Strength 1p-2p Yuka (Group Fitness)		
			Try our New instructors classes! Wed 9am Strong Fit with Maria Mon & Wed 11:45am Therapeutic Yoga with Usha			
		FIT 5000 4pm-5pm Deb (Group Fitness 386)				
Pound 5:30p-6:15p Dana (Group Fitness)	Power Core & Glutes 5:30p-6:15p Laura (Group Fitness)	RELAX AND RENEW Yoga 5:30p-6:30p Bharti (Outdoor/Group Fitness 386)	Power Core & Glutes 5:30p-6:15p Kathryn (Group Fitness)			
POUND HIGHT KICKS	Hustle Line Dance 6p-7p Deb (Group Fitness 386)		ZUMBA 6:15p-7p KAT (Dance Studio B)			
		NEW Time!				
Boot Camp 6:30p-7:15p Laura (Outdoor/Group Fitness)	Strength & Fitness 6:30p-7:30p Tate (Group Fitness)	Boot Camp 6:30p-7:15p Laura (Outdoor/Group Fitness)	Strength & Fitness 6:30p-7:30p Tate (Group Fitness)			
ZUMBA 6:30p-7:30p Karen (Dance Studio B)	RELAX AND RENEW Yoga 6:30p-7:30p Bharti (Activity Room AB)	ZUMBA 6:30p-7:30p Karen (Dance Studio B)				
					Group Cycle – Group Fitness Strength/Circuit/Interval/Aerobics – Group Fitness Room, Group Fitness 386 (3rd Floor) Outdoor(Weather Permitting) Yoga – Group Fitness Room Activity Room A&B Group fitness 386 (3rd Floor) Outdoor (Weather Permitting) Dance Fitness – Group Fitness Room Dance Studio A (1F) Dance Studio B(2F) Group Fitness 386(3rd Floor)	

***No Class on Thursday, July 4th.**

HAPPY 4TH OF JULY

Aquatic Group classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Sun	
Water Dance 9am-9:55am Fana (Leisure Pool)	H2O MAX(Shallow) 9am-9:55a Debbie (Leisure Pool)	Aqua Fitness 9a -9:55a Beth (Leisure Pool)	Shallow Water <u>Self Directed</u> 9am-9:55am (Leisure Pool)	Aqua Fitness 9a -9:55a Beth (Leisure Pool)	*Be creative and enjoy your workout at 9am Shallow & 10am Deep water pool on Thursday! (We provide equipment!)	
Deep Water Aerobics 10am-10:55am Fana (Deep Water)	Aquatic HIIT MIX (Deep) 10a-10:55a Debbie (Deep Water)	Deep Aqua Fitness 10a-10:55a Beth (Deep Water)	Deep Water <u>Self Directed</u> 10am-10:55am (Deep Water)	Deep Aqua Fitness 10a-10:55a Beth (Deep Water)		

The Hawk group fitness trainers are part of the team to help you safely reach your fitness goals and to add variety to your workout. Purchase your 'Fit Pass' today! The Fit Pass provides you with the flexibility to choose from a variety of group exercise classes at The Hawk.

Drop-in Rates per Class	Passholder	Resident	Non-resident
	\$7	\$9	\$11
Monthly unlimited Fit Pass	\$50 / Month	\$ 75 / Month	\$ 100 / Month

*Class lengths may vary. Unlimited Fit Pass does not expire and requires a 30-day notice to cancel. Fit Pass may not be applied to personal training, small group training, swim lessons, open/lap swim.

Class Descriptions

Group Cycle: Get ready to sweat! This class offers a combination of strength and endurance training through hill climbs, sprints, and athletic drills. New participants should arrive 5 minutes early to get properly fitted on the bike. Bring a sweat towel & water bottle.

Hawk Strength: Non-aerobic muscle toning class. Develop muscle strength and endurance while challenging every muscle. Focus on core using dumbbells and resistance bands. This class can help you improve function of your heart and bone density. Get stronger and feel great! Bring a sweat towel.

Power Core & Glutes: Toning, strengthening and endurance workout that targets the Core and Glutes. Using free weights and other various equipment, you'll strengthen and lengthen your Abs and Glutes through a variety of exercises challenging the core and improves functional strength for balance, mobility, and posture. Bring a sweat towel.

Strength Fundamentals: Focus on full body strength and muscle building exercises. There will be modification, any levels.

Strong Fit: Focusing on each muscle group to tone and strengthen them by using dumbbells, resistance bands and body weight exercises.

Leave each class feeling stronger and stronger!

Strength & Fitness: Learn proper form and technique for various strength training exercises using dumbbell's, bands, medicine balls, and more. This class will focus mainly on strength and all the different ways you can structure a strength workout. This will be full body routine with something a bit different each time. Bring a sweat towel and a water bottle!

Chair Balance & Strength: Low impact and using weights and band to maintain overall strength and fitness. Balance and some light cardio exercises are also included for a well-rounded program. Chairs are provided.

Boot Camp: Dynamic fun training that is sure to work all areas of your body. Different every week to challenge muscle strength agility, endurance, and balance.

Combined with traditional calisthenics and core work, this class will never get old. Bring a sweat towel.

Circuit Squad: Fast paced class that mixes cardio, strength building and muscular endurance for a high intensity, sweaty workout as you progress through various timed stations. Bring a sweat towel.

Hawk Cardio 20/10: Fast paced and fun cardio interval workout, no equipment needed; just you! 20 seconds of hard, all-out work and effort followed by 10 seconds of rest.

You will increase your endurance, strength, and agility, bring a sweat towel, a water bottle, and the willingness to challenge yourself.

Hawk Cardio 30/10: Fast paced and fun cardio interval workout, no equipment needed; just you! 30 seconds of hard, all-out work and effort followed by 10 seconds of rest.

You will increase your endurance, strength, and agility, bring a sweat towel and water bottle!

STEP & Core: Step aerobics has all the benefits of a high-intensity cardio workout without putting stress on your joints. It improves overall fitness by building strength, reducing fat, and boosting your cardiovascular health. Core workout to the end of the class. We provide modifications for all levels. Bring water and Towels!

Cardio Interval: Combination of strength and aerobic work. For all fitness levels and there will be modifications. Bring Sweat Towels!

RELAX AND RENEW Yoga: Experience how Yoga can enhance your flexibility, strength and overall well-being. This class based on the classical style takes a holistic approach emphasizing both physical and emotional well-being. The practices will include Asanas' (Physical Postures), Pranayamas' (Breathing Techniques) and Relaxation. All levels welcome.

Vinyasa Yoga: Integrating flexibility and mobility, these classes build a flow that helps improve the mind and body relationship. This class is designed for all bodies to dance into a mindful experience. Bring your water.

Morning Yoga: This class starts with a gentle wakeup of the body and breath to invigorate us. Shaking out sleepiness, it gets your body moving and sharpens the mind for whatever the rest of the day brings.

NEW! Therapeutic Yoga: Therapeutic yoga is application of yoga posture and practice to the treatment of health condition.

Chair Yoga: Gentle Yoga practice in which posture are performed while seated, for flexibility and balance of the spirit, mind and body. Chairs are provided.

Fit 5000: Classes incorporate fun, low impact dance moves and strength training to achieve 5000 steps per 1-hour class. Participants not only burn fat and calories but also improve muscle tone, strength and endurance. Basic footwork is done to a variety of new and classic music hits.

Alternative dance steps are demonstrated so everyone can choose their own levels of desired intensity. For all levels. Muscle work includes upper and lower and abs.

Hustle Line Dance: - Have fun, learn favorite party hustles, and keep fit with low impact dance moves to R & B music.

Hustles will include simple to more complex dance patterns; experience is helpful but not required. Routines are a mix of current and classic hustles. Recommended attire: comfortable clothing & smooth-soled, non-marking shoes or sneakers.

Zumba: Zumba is a calorie-burning dance fitness party where Latin and world rhythms are combined with easy-to-follow moves.

The routines are combined to tone and Sculpt your body for all fitness levels and there will be modifications

POUND®—a full-body cardio jam session inspired by drumming. Using Ripstix® lightly weighted exercise drumsticks, you'll sweat, sculpt and ROCK your body and mind.

Aquatic Program:

NEW! Aqua Fitness/Deep Aqua Fitness- With the right water equipment and instruction, you can take advantage of a variety of exercises to help increase endurance, build muscle, burn calories, and lose weight, in an enjoyable atmosphere with music. For all fitness levels. Bring water!

*Deep Aqua Fitness – Must be comfortable in 8.3 ft deep water with a floatation advice.

H2O MAX (Shallow)- Cardio, strength training, core & more! You get it all done in the safe environment of the pool and have fun doing it. All fitness levels. Bring water bottle!

Deep water Aerobics - Is an enjoyable way to slim down and shape up! Spend 20 minutes of aerobics using natural resistance of water to improve cardiovascular fitness followed by 20 minutes of intense weight training and 10 minutes of abs core workout. You do not need to know how to swim but must be comfortable in 8.3 ft deep water.

Aquatic HIIT MIX(Deep): Welcome to the world of aquatic high intensity interval training. Just like a land class you alternate fast gust of energy with slower , longer intervals. MIX in some deep water stretching & you have a next level aquatic class experience! Bring water bottle.

Water Dance-Enjoy an instructor-led high energy class, utilizing the natural resistance of the water while moving to the beat. This class involves 45-50 minutes of intense Cardio Burn, using dance inspired moves. You will also receive 5-10 minutes of targeted abs/core workout, The instructor will provide options for modification of any move requiring no swim experience.