HEARTH STONE HEALTH + FITNESS

GROUP EX

group exercise class schedule

MONDAY

POWERPUMP
6:30-7:15am
w/ Coach

YOGA
8:30-9:15am
w/ Patricia (11/2)

ZUMBA
9:30-10:15am
w/ Jenn B.

FitOver50
10:30-11:15am
w/ Beth

STRETCH
11:15am-12:00pm
w/ Beth

SPIN
5:00-6:00pm
w/ Megan S.

TUESDAY

SPIN
5:00-5:45am
w/ Diana

OPTIMAL GRIND
6:00-7:00am
w/ Eric

MAX BURN
6:30-7:15am
w/ Coach

WOMEN'S GOLF FIT
9:00-10:00am
w/ Coach Dan(Turf)

BARRE
9:15-10:00am
w/ Jenna

TAI CHI
10:15-11:30am
w/ Nathan

CHAIR YOGA
11:45am-12:45pm
w/ Patricia

PILATES SCULPT
5:00pm-5:45pm
w/ Emily

YOGA
6:00pm-6:45pm
w/ Patricia

WEDNESDAY

SPIN FIT
6:30-7:15am
w/ Coach

BARRE
9:15-10:00am
w/ Jenna

FitOver50
10:30-11:15am
w/ Beth

STRETCH + MOBILITY
11:15am-12:00pm
w/ Beth

MAX BURN
5:00-6:00pm
w/ Megan S.

THURSDAY

OPTIMAL GRIND
6:00-7:00am
w/ Eric

POWERPUMP
6:30-7:15am
w/ Jenna

WOMEN'S GOLF FIT
9:00-10:00am
w/ Coach Dan(Turf)

BARRE
9:15-10:00am
w/ Abbey

TAI CHI
10:15-11:30am
w/ Nathan

CHAIR YOGA
11:45am-12:45pm
w/ Patricia

MAT PILATES
5:00-5:45pm
w/ Patricia

YOGA
6:00-6:45pm
w/ Patricia

FRIDAY

POWER PUMP
6:30-7:15am
w/ Jenna

YOGA
8:00-8:45am
w/ Patricia

ZUMBA
9:30-10:15am
w/ Jenn B.

MAT PILATES
10:30-11:15am
w/ Abbey

STRETCH + MOBILITY
11:15am-12:00pm
w/ Jenna

SATURDAY

SPIN
8:00-8:45am
See Mindbody for scheduled instructor.

MAX BURN
9:00-10:00am
Megan S.

SUNDAY

SPIN FIT
10:00-10:45am
w/ Julia

CHECK OUT OUR NEW EVENING CLASSES!

YOUTH SPORTS CLASSES

ALL JR CLASSES CONDUCTED ON THE TURF

WED — JR VOLLEYBALL PERFORMANCE
5:45-6:45pm (Girls 12-17yrs)
w/ Coach Dan

THUR — JR GOLF PERFORMANCE
4:30-5:15pm(Boys & Girls12-17yrs)
w/ Coach Dan