



# GROUP EX

group exercise class schedule

| MONDAY                                       | TUESDAY  | WEDNESDAY                                       | THURSDAY                                       | FRIDAY  | SATURDAY  |
|--|--|---|--|---|---|
| <b>POWERPUMP</b><br>6:30-7:15am<br>w/ Coach  | <b>SPIN</b><br>5:00-5:45am<br>w/ Diana         | <b>SPIN FIT</b><br>6:30-7:15am<br>w/ Coach      | <b>OPTIMAL GRIND</b><br>6:00-7:00am<br>w/ Eric | <b>POWER PUMP</b><br>6:30-7:15am<br>w/ Jenna    | <b>SPIN</b><br>8:00-8:45am<br><i>See Mindbody for scheduled instructor.</i>                       |
| <b>YOGA</b><br>8:30-9:15am<br>w/ Kara        | <b>OPTIMAL GRIND</b><br>6:00-7:00am<br>w/ Eric | <b>SCULPT + TONE</b><br>9:30-10:15am<br>w/ Jess | <b>POWERPUMP</b><br>6:30-7:15am<br>w/ Jannie   | <b>YOGA</b><br>8:30-9:15am<br>w/ Kara           | <b>MAX BURN</b><br>9:00-10:00am<br>Megan S.   |
| <b>ZUMBA</b><br>9:30-10:15am<br>w/ Jenn B.   | <b>MAX BURN</b><br>6:30-7:15am<br>w/ Coach     | <b>FitOver50</b><br>10:30-11:15am<br>w/ Beth    | <b>BARRE</b><br>9:15-10:00am<br>w/ Abbey       | <b>ZUMBA</b><br>9:30-10:15am<br>w/ Jenn B.      | SUNDAY  |
| <b>FitOver50</b><br>10:30-11:15am<br>w/ Beth | <b>BARRE</b><br>9:15-10:00am<br>w/ Jenna       | <b>MAX BURN</b><br>5:00-6:00pm<br>w/ Megan S.   | <b>TAI CHI</b><br>10:15-11:30am<br>w/ Nathan   | <b>MAT PILATES</b><br>10:30-11:15am<br>w/ Abbey | <b>SPIN FIT</b><br>10:00-10:45am<br>w/ Julia  |
| <b>STRETCH</b><br>11:15am-12:00pm<br>w/ Jess | <b>TAI CHI</b><br>10:30-11:30am<br>w/ Nathan   |   |  | <b>STRETCH</b><br>11:15am-12:00pm<br>w/ Jess    | <b>Don't Forget to Grab One of Our Delicious Shakes or Smoothies From the Quarry After Class!</b> |

*Come experience why Hearthstone Health + Fitness always has the top ranked group exercise classes on the shore!*