HEDINGHAM ATHLETIC CLUB
GROUP FITNESS SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
6:10-7:10 AM	Open Gym **	Open Gym **	Open Gym **	Open Gym **	Fitness Boot Camp. Niki $
8-9:00 AM	Open Gym **	Open Gym **	Open Gym **	Open Gym **	Open Gym **
9-10:00AM	Get Fit. Niki	Sampler * Sonya	Get Fit. Niki	Sampler * Sonya	Open Gym
10-11:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
6-7:00PM	Open Gym	Open Gym	Open Gym	Rock Hard* Tim	Open Gym
7-8:00PM	Zumba* Nathalie ADULT Basketball**	Yoga* Jess Pickleball **	Open Gym	Family Yoga *. Jess Pickleball**	Open Gym
8-9PM	ADULT Basketball**	Pickleball **	Open Gym	Pickleball **	Open Gym til 8 PM

** located in gymnasium
* located in aerobics room
++ located at Willow Oak Clubhouse
$ Extra cash payment
-- located at swimming pool (Grand Traverse)
== located at swimming pool (Willow Oak)

Athletic Club Hours:

Monday – Thursday	5 AM – 9 PM
Friday	5 AM – 8 PM
Saturday	8 AM – 6 PM
Sunday	10 AM – 2 PM

Nursery Hours:

Monday – Friday	9 AM – 11 AM
Monday – Thursday	4:30 PM–8 PM

The Athletic Center is closed New Years Day, Good Friday, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day, Thanksgiving Friday, Christmas Eve, and Christmas Day. To learn more, please visit www.hedingham.org or contact the Athletic Center at 919-231-9050.

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CLASS DESCRIPTIONS

YOGA: Develop muscle tone and improve physical condition while promoting flexibility and relaxation through yoga. Class incorporates fluid movement with deep and rhythmic breathing. Matching movement with the breath not only enhances the health benefits of each pose, but also puts you in a more focused, calm and meditative state. This class has movements appropriate for beginner students with modifications available for the more advanced yoga participant.

ROCK HARD: Challenge yourself with this class which will increase muscular strength and cardiovascular endurance. No fancy choreography, just skills and drills that will increase your speed, agility, strength, and stamina. This 60 minute power packed class is designed to chisel the entire body!

BOOTCAMP FITNESS: A combination of kickboxing, boot camp style, and cardio sculpting exercise, ending with a cool, core, and relaxation; great for individuals whom are interested in taking their work out to next level.

GET FIT: is a low intensity, low impact, moderate level cardio class designed specifically for beginners to fitness. Designed to build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility. The exercises in this class are proven safe and effective for managing osteoporosis. The class involves functional strength training such as leg lifts, squats, and lunges with a focus on correct form. Enjoy a total body workout at a pace that's just right for you!!! (Appropriate for all ages)

ZUMBA: is a fusion of Latin and International music and dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. (Appropriate for all ages)

THE SAMPLER: A combination of kickboxing, boot camp style, and cardio sculpting exercise, ending with a cool, core, and relaxation; great for individuals whom are interested in taking their work out to next level.