



GROUP EX

group exercise class schedule

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

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