

Hamburg Fitness Center

GROUP X CLASSES

Effective October 5, 2020 - FREE with Membership

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	LOCATION
8:30am						Cycle Claudia	CYCLE STUDIO
9:00						Cardio Kickbox Ken	GROUP X
9:30	Sweat & Strength Leeann		Cycle Leeann	TBC Plus Kira	Circuit Boot Camp - Khai		GROUP X
10:30	Core & Stretch Fran	FIT Fran	Fitness Ball Fusion - Kim	FIT Fran		Slow Flow Yoga Fran	GYM
11:00		H2O Aerobics Silvia					POOL
12:00 Noon	Silver Sneakers Becky						GROUP X
6:00pm		TBC Plus Ken		HIIT Tone Khai			GROUP X

COVID GUIDELINES MUST BE FOLLOWED AT ALL TIMES- INCLUDING SOCIAL DISTANCING AND MANDATORY MASKS

Morning classes will meet in the designated area - weather permitting be taught outside.

Classes are 50 minutes long and are available to participants 12 yrs. and older.

Pool is closed during scheduled class times.