



HAWTHORN FARM
Athletic Club

GROUP EXERCISE SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:30 AM	CYCLE (CS) Keith	 (GF) Kari	CYCLE (CS) Katie	 (GF) Stephanie	CYCLE STRENGTH (CS) Stefanie	8:00 AM	 (GF) Charity				
7:30 AM			HI-LO FITNESS (GF & Virtual) Nancy		HI-LO FITNESS (GF & Virtual) Nancy	9:00 AM	CYCLE (CS) Keith				
8:00 AM		TRX TRAINING FOR HEALTHY AGING WITH CHARITY (FS)		TRX + STRENGTH TRAINING WITH CHARITY (FS)			AQUA (IP) Wendy				
9:00 AM	CYCLE (CS) Stefanie	AQUA (IP) Alona	CYCLE STRENGTH (CS) Allie	AQUA (IP) Wendy	CYCLE (CS) Charity	9:15 AM	FLOW YOGA (YB) Kari				
9:30 AM	 (GF) Stephanie	 (GF) Allie		 (GF) Charity	 (GF) Stephanie	9:30 AM	 (GF) Heather				
10:30 AM	YIN YOGA (YB) Cindy		HATHA YOGA (YB) Cindy	BARRE (YB) Allie	YIN YOGA (YB) Rebekah	10:30 AM	BARRE (YB) Kari				
12:00 PM	 (GF) Allie	HATHA YOGA (YB) Chris	 (GF) Charity	YOGA SCULPT (YB) Molly	  (GF) Allie	SUNDAY					
	CIRCUIT (GM) Stefanie		CIRCUIT (GM) Stefanie		CIRCUIT (GM) Ethan	8:30 AM	 (GF) Tiffany				
	COACHED LAP SWIM (IP) Molly		COACHED LAP SWIM (IP) Molly			9:30 AM	CYCLE STRENGTH (CS) Tina				
							10:30 AM	VINYASA YOGA (YB) Jodi B.			
1:30 PM	TAI CHI (GF) Jamie					10:00 AM	WEIGHTLIFTING TRAINING WITH TY (FS)				
5:30 PM	 (GF) Stephanie	CYCLE STRENGTH (CS) Charity	 (GF) Martina	WOMEN ONLY TRAINING WITH CHARITY	YANG YIN YOGA (YB) Molly	11:00 AM	WEIGHTLIFTING TRAINING WITH TY (FS)				
		 (GF) Anne	BARRE (YB) Kari	 (GF) Ana		12:00 PM	PICKLEBALL TRAINING WITH TY (GM)				
6:00 PM	STUDIO STRENGTH+ WITH TY (FS)	STUDIO BOXING WITH JAKE (FS)	STUDIO STRENGTH+ WITH TY (FS)	STUDIO BOXING WITH JAKE (FS)		FEE BASED GROUP TRAINING CLASSES: STUDIO BOXING • STUDIO STRENGTH+ ROCK CLIMBING • WEIGHTLIFTING TRX TRAINING • PICKLEBALL WOMEN ONLY TRAINING					
6:15 PM		INTRO TO ROCK CLIMBING WITH TY (RW)									
6:30 PM	 (GF) Heather	YANG YIN YOGA (YB) Rebekah	 (GF) Heather	RESTORATIVE YOGA (YB) Chris							

CLASS LOCATIONS:

CS: CYCLE STUDIO | FS: FITNESS STUDIO | GF: GROUP FITNESS STUDIO | GM: GYMNASIUM | IP: INDOOR POOL | RW: ROCKWALL | YB: YOGA/BARRE STUDIO