

















GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE 5:30 - 6:30 AM (CS) Keith	 5:30 - 6:30 AM (MS) Kari	CYCLE 5:30 - 6:30 AM (CS) Katie	 5:30 - 6:30 AM (MS) Stephanie	CYCLE STRENGTH 5:30 - 6:30 AM (CS) Stefanie	 8:00 - 9:00 AM (MS) Charity	CYCLE STRENGTH 9:30 - 10:30 AM (CS) Tina
CYCLE 9:00 - 10:00 AM (CS) Stefanie	AQUA 9:00 - 10:00 AM (IP) Alona	HI-LO FITNESS 7:30 - 8:30 AM (MS & Virtual) Nancy	AQUA 9:00 - 10:00 AM (IP) Wendy	HI-LO FITNESS 7:30 - 8:30 AM (MS & Virtual) Nancy	AQUA 9:00 - 10:00 AM (IP) Wendy	VINYASA YOGA 10:30 - 11:30 AM (YB) Jodi B.
 9:30 - 10:30 AM (MS) Stephanie	(\$ TRX TRAINING 9:00 - 10:00 AM (FS) Charity	CYCLE STRENGTH 9:00 - 10:00 AM (CS) Allie	(\$ TRX STRENGTH 9:00 - 10:00 AM (FS) Charity	CYCLE 9:00 - 10:00 AM (CS) Charity	CYCLE 9:00 - 10:00 AM (CS) Keith	(\$ WEIGHTLIFTING 10:00 - 11:00 AM (WR) Ty
YIN YOGA 10:30 - 11:30 AM (YB) Cindy	 9:30 - 10:30 AM (MS) Allie	HATHA YOGA 10:30 - 11:30 AM (YB) Cindy	 9:30 - 10:30 AM (MS) Charity	 9:30 - 10:30 AM (MS) Stephanie	(\$ STUDIO BOXING 9:00 - 10:00 AM (FS) Iwona	(\$ WEIGHTLIFTING 11:00 AM - 12:00 PM (WR) Ty
 12:00 - 1:00 PM (MS) Allie	HATHA YOGA 12:00 - 1:00 PM (YB) Chris	 12:00 - 1:00 PM (MS) Charity	BARRE 10:30 - 11:30 AM (YB) Allie	YIN YOGA 10:30 - 11:30 AM (YB) Rebekah	FLOW YOGA 9:15 - 10:15 AM (YB) Kari	(\$ GROUP PICKLEBALL 12:00 - 1:00 PM (GM) Ty
CIRCUIT 12:00 - 1:00 PM (GM) Duviel	(\$ STUDIO BOXING 12:00 - 1:00 PM (FS) Duviel	CIRCUIT 12:00 - 1:00 PM (GM) Duviel	(\$ STUDIO BOXING 12:00 - 1:00 PM (FS) Duviel	  12:00 - 1:00 PM (MS) Allie	 9:30 - 10:30 AM (MS) Heather	
COACHED LAP SWIM 12:00 - 1:00 PM (IP) Molly	CYCLE STRENGTH 5:30 - 6:30 PM (CS) Charity	COACHED LAP SWIM 12:00 - 1:00 PM (IP) Molly	YOGA SCULPT 12:00 - 1:00 PM (YB) Molly	CIRCUIT 12:00 - 1:00 PM (GM) Ethan	BARRE 10:30 - 11:30 AM (YB) Kari	
TAI CHI 1:30 - 2:30 PM (MS) Jamie H.	 5:30 - 6:30 PM (MS) Anne	 5:30 - 6:30 PM (MS) Martina	(\$ WOMEN ONLY 5:30 - 6:30 PM (FS) Charity	YANG YIN YOGA 5:30 - 6:30 PM (YB) Molly	<div data-bbox="1507 1031 1963 1144" style="border: 1px solid black; padding: 5px;"> <p>Sign Up for Fee Based Group Training (\$) Today!</p>  </div>	
 5:30 - 6:30 PM (MS) Stephanie	(\$ STUDIO BOXING 6:00 - 7:00 PM (FS) Jake	BARRE 5:30 - 6:30 PM (YB) Kari	 5:30 - 6:30 PM (MS) Ana			
CIRCUIT 5:45 - 6:45 PM (GM) Mariah	(\$ ROCK CLIMBING 6:15 - 7:15 PM (RW) Ty	(\$ STUDIO STRENGTH+ 6:00 - 7:00 PM (FS) Ty	(\$ STUDIO BOXING 6:00 - 7:00 PM (FS) Jake			
(\$ STUDIO STRENGTH+ 6:00 - 7:00 PM (FS) Ty	YANG YIN YOGA 6:30 - 7:30 PM (YB) Rebekah	 6:30 - 7:30 PM (MS) Heather	RESTORATIVE YOGA 6:30 - 7:30 PM (YB) Chris			
 6:30 - 7:30 PM (MS) Heather	<div data-bbox="426 1479 747 1544" style="display: inline-block; text-align: center;">  <p>@HawthornFarmAC</p> </div> <div data-bbox="800 1479 1121 1544" style="display: inline-block; text-align: center; margin-left: 20px;">  <p>@HawthornFarmAC</p> </div>		<div data-bbox="1346 1458 1457 1555" style="text-align: center;">  </div>		<div data-bbox="1283 1182 1528 1430" style="border: 1px solid black; padding: 5px;"> <p>Events</p> <p>HFAC has tons of amazing events, classes, and programs this month! Check out what's happening by scanning the QR code to view all events!</p> </div>	<div data-bbox="1612 1182 1969 1523" style="border: 1px solid black; padding: 5px;"> <p>Class Locations:</p> <ul style="list-style-type: none"> CS: Cycle Studio FS: Fitness Studio GM: Gymnasium IP: Indoor Pool MS: Main GX Studio RW: Rock Wall WR: Weight Room YB: Yoga/Barre Studio </div>