



















# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLE</b> 5:30 - 6:30 AM (CS) Keith	 <b>BODYPUMP</b> 5:30 - 6:30 AM (MS) Stephanie	<b>CYCLE</b> 5:30 - 6:30 AM (CS) Katie	 <b>BODYPUMP</b> 5:30 - 6:30 AM (MS) Stephanie	<b>CYCLE STRENGTH</b> 5:30 - 6:30 AM (CS) Patti	 <b>BODYPUMP</b> 8:45 - 9:45 AM (MS) Stephanie	<b>CYCLE STRENGTH</b> 9:00 - 10:00 AM (CS) Patti
<b>CYCLE</b> 9:00 - 10:00 AM (CS) Allie	<b>HI-LO FITNESS</b> 7:30 - 8:30 AM (MS) Nancy	<b>(\$) TRX TRAINING</b> 8:30 - 9:15 AM (FS) Stefanie	<b>HI-LO FITNESS</b> 7:30 - 8:30 AM (MS) Nancy	<b>CYCLE</b> 9:00 - 10:00 AM (CS) Jonathan	<b>HYDRO-FIT</b> 9:00 - 10:00 AM (IP) Danielle	<b>AQUA ZEN</b> 10:00 - 11:00 AM (IP) Danielle
 <b>ZUMBA</b> 9:30 - 10:30 AM (MS) Stephanie	<b>AQUA</b> 9:00 - 10:00 AM (IP) Barbie	<b>CYCLE STRENGTH</b> 9:00 - 10:00 AM (CS) Allie	<b>AQUA</b> 9:00 - 10:00 AM (IP) Wendy	 <b>ZUMBA</b> 9:30 - 10:30 AM (MS) Stephanie	<b>CYCLE</b> 9:00 - 10:00 AM (CS) Keith	<b>VINYASA YOGA</b> 10:30 - 11:30 AM (YB) Jodi
<b>YIN YOGA</b> 10:30 - 11:30 AM (YB) Chris	 <b>BODYPUMP</b> 9:15 - 10:15 AM (MS) Allie	<b>HATHA YOGA</b> 10:30 - 11:30 AM (YB) Chris	 <b>BODYPUMP</b> 9:15 - 10:15 AM (MS) Mia	<b>YIN YOGA</b> 10:30 - 11:30 AM (YB) Kim	<b>(\$) STUDIO BOXING</b> 9:00 - 10:00 AM (FS) Iwona	<b>(\$) WEIGHTLIFTING</b> 10:00 - 11:00 AM (WR) Ty
 <b>BODYPUMP</b> 12:00 - 1:00 PM (MS) Mia	 <b>PILATES</b> 10:30 - 11:15 AM (MS) Allie	 <b>BODYPUMP</b> 12:00 - 1:00 PM (MS) Stephanie	<b>BARRE</b> 10:30 - 11:30 AM (YB) Allie	 <b>BODYPUMP</b> 12:00 - 1:00 PM (MS) Allie	<b>FLOW YOGA</b> 9:15 - 10:15 AM (YB) Chris	 <b>ZUMBA</b> 11:30 AM - 12:30 PM (MS) Ana
<b>CIRCUIT</b> 12:00 - 1:00 PM (FS/GM) Shampa	<b>HATHA YOGA</b> 12:00 - 1:00 PM (YB) Chris	<b>CIRCUIT</b> 12:00 - 1:00 PM (FS/GM) Aubre	<b>YOGA SCULPT</b> 12:00 - 1:00 PM (YB) Dahui	<b>CIRCUIT</b> 12:00 - 1:00 PM (FS/GM) Aubre	 <b>BODYCOMBAT</b> 10:00 - 11:00 AM (MS) Heather	<b>HATHA YOGA</b> 4:30 - 5:30 PM (YB) Gabriel
<b>TAI CHI</b> 1:30 - 2:30 PM (MS) Jamie	<b>CYCLE STRENGTH</b> 5:30 - 6:30 PM (CS) Simone	<b>BARRE</b> 5:30 - 6:30 PM (YB) Gabriel	<b>CYCLE STRENGTH</b> 5:30 - 6:30 PM (CS) Katie		<b>BARRE</b> 10:30 - 11:30 AM (YB) Dahui	
 <b>BODYPUMP</b> 5:30 - 6:30 PM (MS) Samantha	 <b>PILATES</b> 5:30 - 6:15 PM (YB) Holly	 <b>BODYPUMP</b> 5:30 - 6:30 PM (MS) Martina	 <b>PILATES</b> 5:30 - 6:15 PM (YB) Holly			
<b>AQUA FUSION</b> 6:00 - 7:00 PM (IP) Barbie	 <b>ZUMBA</b> 5:30 - 6:30 PM (MS) Anne	<b>AQUA STRIDE</b> 6:00 - 7:00 PM (IP) Danielle	 <b>ZUMBA</b> 5:30 - 6:30 PM (MS) Ana			
 <b>BODYCOMBAT</b> 6:30 - 7:30 PM (MS) Heather	<b>(\$) BEGINNER PICKLEBALL</b> 6:00 - 7:30 PM (GM) Marsil	<b>(\$) INTERMEDIATE PICKLEBALL</b> 6:00 - 7:30 PM (GM) Marsil	<b>HATHA YOGA</b> 6:30 - 7:30 PM (YB) Gabriel			
	<b>(\$) ROCK CLIMBING</b> 6:15 - 7:15 PM (RW) Ty	<b>(\$) STUDIO STRENGTH+</b> 6:00 - 7:00 PM (FS) Ty				
	<b>YANG YIN YOGA</b> 6:30 - 7:30 PM (YB) Jodi	 <b>BODYCOMBAT</b> 6:30 - 7:30 PM (MS) Heather				
		<b>CORE &amp; MORE</b> 6:30 - 7:15 PM (YB) Holly				



@HawthornFarmAC

View the Class Descriptions



Sign up for Group Training (\$)



**Class Locations:**

- CS: Cycle Studio
- FS: Fitness Studio
- GM: Gymnasium
- IP: Indoor Pool
- IT: Indoor Track
- MS: Main GX Studio
- RW: Rock Wall
- WR: Weight Room
- YB: Yoga/Barre Studio