























GROUP EXERCISE SCHEDULE

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