

HALE GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Starting
8/3/2020

LIVE AT HALE SCHEDULE

MONDAY

CYCLE
Earl FB
5:30A
G CAP 18

SPIN
Jenn
8:00A
G CAP 18

BODYPUMP
Julie
9:00A
A CAP 6

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 15

**ENDURANCE HYBRID:
CARDIO
/STRENGTH/CORE**
Melissa
5:00P
A CAP 6

TUESDAY

LIFT
Bri
5:15A
G CAP 18

BODY COMBAT
Erin
4:30 pm
A CAP 6

PILATES
Nicole
5:30P
A CAP 18

WEDNESDAY

**SWIMMER STRENGTH
HYBRID:
COMBAT/PUMP/CORE**
Erin/Jenn
5:30A
G CAP 18

SPIN
Jenn
8:00A
G CAP 18

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 15

THURSDAY

MIXFIT
Bri
5:15A
G CAP 18

INSANITY-bell
Earl FB
5:30A
A CAP 6

LIFT
Nicole
9:30A
A CAP 6

**SENIOR STRENGTH &
STRETCH**
Julie
11:00A
A CAP 18

BODY COMBAT
Jaimee
4:30P
A CAP 6

YOGA
Bonny
5:30P
A CAP 18

FRIDAY

CYCLE
Jenn
5:15A
G CAP 18

BOOTCAMP
Erin
6:00A
A CAP 6

BODYCOMBAT
Julie
9:00A
A CAP 6

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 15

SATURDAY

**STRENGTH HYBRID:
COMBAT/
BODYPUMP**
Erin
8:30A
G CAP 18

CYCLE STRENGTH
Nicole
9:30A
G CAP 19

ZUMBA*
Sarah
10:30A
G CAP 19

YOGA
Rhonda
11:00A
A CAP 18

SUNDAY

SUNDAY SPIN
Jenn
7:30A
G CAP 19

INSANITY
Sarah
9A
G CAP 19

Stretch
Autumn
10:00A
A CAP 18

Key	HALE IN PERSON Gym /Studio A
	HALE IN PERSON & GHYMCA ZOOM/FB Live
	G = Gymnasium : A = Studio A: CAP =class capacity

VIRTUAL GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STARTING
8/3/2020

VIRTUAL SCHEDULE

MONDAY

SOUP CAN FITNESS Mel 11:00A

TUESDAY

HIIT Sam 6:00A
MAT PILATES Mel 8:30A
BODYPUMP Julie 6:30P

WEDNESDAY

BALLESTONE Melanie 11:00A

THURSDAY

ZUMBA GOLD Melanie 8:30A

FRIDAY

CHAIR PILATES Mel 11:00A

SATURDAY

SUNDAY

KEY	Zoom /FB Live Classes
	Zoom Classes suitable for Seniors