

HALE GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LIVE AT HALE SCHEDULE

MONDAY

CYCLE
Earl FB
5:30A
G CAP 18

CYCLE
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
5:30P
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
5:30A
G CAP 18

CYCLE
Jenn
8:00A
G CAP 18

AQUA FITNESS
Cindy
9:00A
Lap Pool CAP 15

***ZUMBA**
Jaimee
5:00P
G CAP 18

THURSDAY

MIXFIT
Bri
5:15A
G CAP 18

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

***BODYPUMP**
Julie
10:00A
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

***ZUMBA**
Sarah
8:30A
G CAP 18

CYCLE STRENGTH
Nicole
9:30A
G CAP 19

***AQUA FITNESS**
Melissa/Agnes
9:00A
Lap Pool CAP 15

YOGA
Rhonda
11:00A
A CAP 18

SUNDAY

SUNDAY CYCLE
Jenn
7:30A
G CAP 19

***HYBRID COMBAT
/PUMP**
Erin
8:30A
G CAP 19

Stretch
Autumn
9:30A
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 * = change

VIRTUAL GROUP EXERCISE SCHEDULE



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VIRTUAL SCHEDULE

MONDAY

SOUP CAN FITNESS
Mel
11:00A

TUESDAY

HIIT
Sam
6:00A

MAT PILATES
Mel
8:30A

BODYPUMP
Julie
6:30P

WEDNESDAY

BALLETONE
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

VIRTUAL GROUP EXERCISE POP-UPS



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POP-UP SCHEDULE

MONDAY

POP-UP ZUMBA
Jaimee
4:30P
Outdoor
9/14 & 9/28

TUESDAY

POP-UP STEP
Cristina
9:00A
Studio A
9/8 & 9/22

WEDNESDAY

THURSDAY

POP-UP GENTLE JOINTS
Cindy
11:30A
Warm Water Pool
9/10 & 9/24

FRIDAY

SATURDAY

SUNDAY

Pop-Up Teaser
Pump/Combat/GRIT/
Zumba & Stretch
9/20/2020
8:00A
Gym