



GROUP FITNESS SCHEDULE

AS OF 6/15 PLEASE BE PATIENT AS WE ADD MORE CLASSES



REGISTER FOR CLASSES BY LOGGING INTO YOUR ACCOUNT ONLINE OR USING HWC MOBILE APP

CHAIR FIT, ZUMBA, AND TAI CHI INCLUDED IN HWC HOME CHRISTUSHWC.org/hwchome

MON

8:30AM STEP CHALLENGE STUDIO A
 9:45AM MUSCLE CONDITIONING PLUS STUDIO A
 12:00PM TABATA STUDIO A
 5:35PM HATHA YOGA STUDIO A

TUE

5:45AM CYCLING GYM
 8:00AM WATER WORKS INDOOR POOL
 8:30AM MAT PILATES STUDIO B
 9:35AM CYCLE BLAST GYM
 11:00AM KICKBOXING STUDIO A
 4:30PM CYCLING GYM
 5:35PM HYDRO STRENGTH INDOOR POOL
 5:35PM HIIT 45 STUDIO A

WED

9:35AM MUSCLE CONDITIONING STUDIO A
 12:00PM POWER PILATES STUDIO B
 4:30PM INTERVAL RIDE GYM
 5:35PM MUSCLE CONDITIONING STUDIO A
 5:35PM HATHA YOGA STUDIO B

THU

5:45AM CYCLING GYM
 8:00AM AQUA 20/20/20 INDOOR POOL
 9:35AM CHOREO STEP STUDIO A
 10:50AM BODY FOCUS STUDIO B

FRI

8:30AM MUSCLE CONDITIONING PLUS STUDIO A
 10:00AM FIT YOGA STUDIO B