



December 2024

Group Fitness Menu

Hot Springs Health and Fitness 501-525-4900

No classes on Tuesday, Dec. 24 and Wednesday, Dec. 25

Happy Holidays from your HSHF Group Fitness Team!

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	:30 Fit with Ronnie Upstairs	:30 Fit with Joey Upstairs	:30 Fit with Ronnie Upstairs	:30 Fit with Joey Upstairs	
6:00			Express Cycling with Julie Spin Studio		Bootcamp with Julie Upstairs
8:30	Booty Barre with Cheryl Group Fitness Studio	LES MILLS BODYPUMP® with Jen T Group Fitness Studio	Retro Wednesday (30 min) with Cheryl Group Fitness Studio	LES MILLS BODYPUMP® with Jen T Group Fitness Studio	LES MILLS TONE® with Jen T Group Fitness Studio
8:30	Walk 4 Life with Amy B Upstairs		Platinum Gold with AmyB Yoga Studio	Basic Training with Natalie Gym Floor	Walk 4 Life with Amy B Upstairs
9:00			LES MILLS CORE® with Cheryl Group Fitness Studio		
9:30	Yoga with Amy B Yoga Studio	Power Pilates with Haley Yoga Studio	Yoga with Payton Yoga Studio	Power Pilates with Natalie Yoga Studio	Let's Dance (30 min) with Cheryl Group Fitness Studio
9:30		Cardio Sculpt with Natalie Group Fitness Studio			Relax Yoga with Lisa Yoga Studio
4:30	LES MILLS BODYPUMP® with Gracen Group Fitness Studio	Let's Dance! with Amy B. Group Fitness Studio	Cycle and Sculpt with Noelle Spin Studio	Let's Dance! with Amy B Group Fitness Studio	
4:45				LES MILLS CORE® with Taylor Yoga Studio	
5:30	Indoor Cycling with Julie Spin Studio	LES MILLS TONE® with JenT/Julie Group Fitness Studio	Yoga with Julie Yoga Studio	LES MILLS BODYPUMP® with Julie Group Fitness Studio	
5:30	Yin Yoga with Veronica Yoga Studio	Hot Yoga with Audra Yoga Studio			

Weekend Classes for December

Saturday, Dec. 7	8:30 Let's Dance- Amy B.	9:30 Yoga- Lisa
Saturday, Dec. 14	8:30 LesMills BodyPump®- JenT	9:30 Pilates- Natalie
Saturday, Dec. 21	8:30 LesMills BodyPump®- Gracen	9:30 Yoga- Payton
Saturday, Dec. 28	8:30 Let's Dance- Amy B.	9:30 Yoga- Audra

- Basic Training:** Circuit style class mixing strength training and cardio to meet your cross training/full body workout needs.
- Bootcamp:** Meet on the gym floor for a hard hitting combo of cardio and strength training exercises to get your weekend started off right!
- BootyBarre:** Pilates+Dance+Yoga=Balance. Booty Barre is a fun, energetic workout that fuses techniques from dance, pilates and yoga that will define and chisel the whole body.
- Cardio Sculpt:** You will sculpt sleek muscles with light weight and high reps along with bursts of cardio to strengthen your heart.
- Cycle and Sculpt:** This class combines all the best elements of a cycle class and also works on toning and defining your upper body using light dumbbells.
- Express Cycling:** 30 minutes of intense indoor cycling!
- Hot Yoga:** Hot Yoga is a practice performed in a heated room, combining traditional yoga poses with increased temperature to promote flexibility and detoxification.
- Indoor Cycling:** The instructor chooses the music and choreography to create the perfect cardio ride
- LES MILLS BODYPUMP®:** Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. You will feel motivated and challenged and ready to come back for more!
- LES MILLS CORE®:** In Les Mills CORE you will build strength, stability, and endurance in the muscles that support your core while assisting balance. (30 min class)
- LES MILLS TONE®:** Les Mills TONE blends cardiovascular conditioning, resistance training and core work to help you burn calories and elevate your fitness level.
- Let's Dance:** Release your inner dancer while burning fat and calories. You will move and sweat like you never knew you could!
- Platinum Gold:** A low/no impact class using light weights and high repetitions with standing ab work and balance exercises.
- Power Pilates:** This workout emphasizes balance, control, and core strength for optimal fat burning in addition to traditional pilates mat work.
- Relax Yoga:** A slower paced yoga practice that focuses on the breath and proper alignment within the postures: perfect for all levels of yogis.
- Retro Express:** A 30 minute mix of step aerobics and kickboxing to get you moving and sweating!
- Walk 4 Life:** Geared toward our mature members who want to improve their balance and flexibility and also increase or maintain muscular strength and endurance.
- Yin Yoga:** Yin Yoga is a slow-paced style of yoga with postures held for longer periods to target deep connective tissues and promote relaxation.
- Yoga:** Improve mobility and flexibility through movement, flow and breathwork.
- :30 Fit:** Decrease body fat, increase muscle mass and build greater functional strength in 30 minutes.

****Classes must maintain an average of 6 participants to remain on schedule.****