

NEW! Virtual Classes — the virtual icon (V) indicates classes with a virtual option. Check the schedule for class times.

CARDIO CLASSES

BodyAttack™: LES MILLS™ | High-energy aerobics class that combines athletic movements like running, lunging, and jumping with strength exercises like push-ups and squats. Water bottle, mat, and towel are recommended.

BodyCombat™: LES MILLS™ | A fiercely energetic class inspired by martial arts. Draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi, and muay thai. Strike, punch, and kick your way through calories to superior cardio fitness. (V)

BodyStep™: LES MILLS™ | An energizing step workout using a height-adjustable step and simple movements. Cardio blocks that push fat burning systems into high gear are followed by muscle conditioning tracks that shape and tone your body.

Cardio Sport™: High-energy athletic training designed to make you feel like you're a 'player on the field.' Integrates interval training techniques with compound-sport-related movements.

Family Cardio Sport™: All the fun of Cardio Sport™ open to adults and their children 10 or over.

Circuit Training: Cardio moves interspersed with resistance training to sculpt your entire body. Great for all fitness levels.

GRIT™ Cardio: LES MILLS™ | A 30-minute HIIT workout that improves cardiovascular fitness, increases speed, and maximizes calorie burn. Emphasizes bodyweight exercises and provides the challenge and intensity you need to get results fast. (V)

GRIT™ Piyo: LES MILLS™ | A 30-minute HIIT plyometric-based workout designed to make you perform like an athlete. Uses a bench and combines jumping exercises with agility training to increase explosiveness and to build a lean and athletic body.

GRIT™ Strength: LES MILLS™ | A 30-minute HIIT workout designed to improve strength and build lean muscle. Uses barbell, weight plate, and bodyweight exercises to blast all major muscle groups.

HAC Hoopla/Barre: A pilates-based combination of Hula hoop and barre that will whittle your waistline and work your core, legs, and arms. Uses a 2-pound weighted hoop and ballet barre. Exercise mat needed.

Intense Interval Training: A challenging class with high intensity cardio, strength, plyometric, and agility drills. Uses kettlebells and offers options for all fitness levels.

Sh'BAM™: LES MILLS™ | An ego-free zone — no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower — even if you walk in thinking you can't, you'll walk out knowing you can! (V) **VIRTUAL ONLY**

Step It Up: Uses a height-adjustable step to create an energetic, leg-burning workout. This class uses more difficult choreography and pushes you to increase your cardio fitness.

Zumba®: Hour-long aerobics class inspired by international dance to sculpt and tone your body while blasting away fat. All ages and fitness levels welcome. Come join the party!

Zumba® Gold: Perfect for active older adults or Zumba® enthusiasts who are new to the program. Recreate the original workout you love at a lower intensity. Come and join the dance fun!

Zumba® Toning: Keeps the international dance party going but adds alternating tracks holding light weights. The workout is an interval training and upper body sculpting experience.

Cycling

Cycle: 55-minute cycling class full of hills, jumps, flats, and more set to a playlist picked by your instructor.

Cycle Express: Great for the new participant or those who want a short but effective cardio workout. Learn proper form and technique while enjoying great music and the full indoor cycle experience in a half hour format.

RPM™: LES MILLS™ | Emphasizes music and fun. Take on hills, flats, mountain peaks, time trials, and interval training.

RPM™ Express: LES MILLS™ | 30-minute version of RPM — great music, great ride, great calorie burn in a time-efficient cardio workout.

Sprint™: LES MILLS™ | 30-minute HIIT workout on the bike. Add load to push your muscles to their max for strength and endurance and take it off to race over the finish line and improve your speed. Excellent training for all athletes.



All classes serve Club Members ages 14+ only.
HAC reserves the right to cancel classes or close studios at its discretion.

RESISTANCE TRAINING

Advanced Conditioning: Designed to make substantial improvements in your endurance, stamina, strength, and flexibility. Geared toward establishing a basis in fitness that allows you to perform well at every task.

BodyPump™: LES MILLS™ | Challenges all of your major muscle groups with weighted squats, presses, lifts, and curls. Get the results you have been looking for with cutting-edge BODYPUMP™ choreography, chart-topping music, and your choice of weights. (V)

Core 101: 30-minute class designed to gradually strengthen and tone your core muscles. Increase functional strength, decrease the likelihood of injury, and improve posture. Water bottle, mat, and towel are recommended.

Core Intervals: Works all your core muscles, from glutes to abs to back and adds in some intense cardio moves to improve strength and stamina. Water bottle, mat, and towel are recommended.

CXWORX™: LES MILLS™ | 30-minute format that hones in on the torso and sling muscles. Ideal for tightening your tummy and butt while also improving functional strength and assisting in injury prevention. Mat is recommended. (V)

Functional Strength: Designed to work your entire body with a focus on core strength, balance, and muscle toning — all things we gradually lose with age. All ages are welcome and can benefit. Exercise mat needed.

Kettlebells: An explosive 45-minute workout that hits all muscle groups. Progress your way through each kettlebell weight, starting from 5 pounds all the way through 35 pounds.

Ultimate Boot Camp: A custom HIIT workout every week, this format will focus on strength, cardio and plyometric movements aimed at improving athleticism, endurance, and well-being. Recommended for intermediate to advanced participants.

MIND BODY CLASSES

Bike 2 Mat: A 65-minute two-part class that begins with 30 minutes of cycling and ends with 35 minutes of heated yoga. Combines the intensity and stamina-building of cycling with the renewing powers of hot yoga.

BodyFlow™: LES MILLS™ | Bend and stretch through a structured series of yoga moves while embracing elements of tai chi and pilates. Improve flexibility and increase core strength while you create a lasting sense of well-being and calm. Exercise mat recommended. (V)

Core Strength: Includes a system of exercises that emphasize strengthening the core, fluidity of movement, and muscle control. Create a deep, complete level of fitness and energy while lowering stress and increasing relaxation. Exercise mat needed.

Core Strength, Yoga, & Pilates: Challenging workout that combines Pilates and yoga to provide maximum core strength, balance, and flexibility. The moves will tone and strengthen your abdominals, back, hips, inner/outer thighs and buttocks. Exercise mat needed.

HAC Barre: The benefits of Barre with a gentler presentation for all age groups. Uses the ballet barre for stability while working deep into muscles with small dynamic movements, resulting in improved posture and balance. Exercise mat needed.

Jing Jeh Yoga: JingJeh, translated from Chinese as “a higher moral standard,” is also the name of the instructor. In this non-heated yoga class, use classic yoga postures and breathing to strengthen and tone, increase flexibility, and calm your mind. Exercise mat recommended.

Mind Body Balance: A non-heated class that focuses on developing strength and flexibility for increased stability and a greater range of motion on and off the mat. Each movement taken in class is connected to your breath, helping to relieve stress and tension. Exercise mat recommended.

Mindful Yoga: A non-heated class that integrates classic yoga postures and deep rhythmic breathing for a meditative approach to yoga practice. Well-suited for beginning and intermediate students. Exercise mat recommended.

Pilates Mat: A system of exercises that emphasize strengthening the “powerhouse” region: abdominals, back, hips, inner/outer thighs, and buttocks. Focuses on toning the body, stretching, and lengthening muscles.

Qigong (Pronounced Chi Kung): “Qi” means energy and “gong” means work. Work with your own energies in a gentle, soft, healing form of exercise. Use movement, breath and visualization in these standing exercises. Exercise mat not needed.

Stretch for Health: If you don't take the time to stretch after your workouts, this 30-minute class is a great option. Move through stretching sequences to help keep you pain free, provide maximum mobility, and maintain flexible strength. Exercise mat needed.

Tai Chi Part 1: A moving meditation that follows a sequence of movements and is a tool for improving daily living. Moving through the Tai Chi poses (or sets) will increase circulation, improve flexibility and balance, and calm the mind.

Tai Chi Part 2: An opportunity to explore the principles of Tai Chi in depth and understand how to apply them to your enhanced practice.