

2018 WINTER FITNESS PROGRAMS & CLASSES

Classes begin on January 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 – 10:30 AM	BabyFIT Bootcamp <i>HPTC</i>	Strength for Women <i>HPTC</i>	BabyFIT Bootcamp <i>HPTC</i>	Strength for Women <i>HPTC</i>			
10:30 – 11:30 AM						Yoga <i>Fitness Studio</i>	
11:30 AM – 12:30 PM						Zumba® Fitness <i>Fitness Studio</i>	
5:00 – 8:30 PM	Open Gym <i>HPTC</i>		Open Gym <i>HPTC</i>		Open Gym <i>HPTC</i>		
6:30 – 7:30 PM	Mightiest Loser <i>Track</i>	Lifting 101 <i>HPTC</i>	Mightiest Loser <i>Track</i>	Spinsanity <i>Track</i>	Mightiest Loser <i>Track</i>		
	Spin & Core <i>Track</i>						
7:30 – 8:30 PM	50/50 Bootcamp <i>Track</i>	Fitness Kickboxing <i>HPTC</i>	Winter Warrior <i>Track</i>	Spartan Warrior Bootcamp <i>HPTC</i>	Zumba® Fitness <i>Fitness Studio</i>		
	Winter Warrior <i>Track</i>				Winter Warrior <i>Track</i>		

● Free for Members
Drop-ins available

● Fitness Programs
No drop-ins

● Fitness Classes
Drop-ins available

● HPTC Winter Season Open Gym
Drop-ins available