

HNH Group Fitness Schedule – Winter 2020



Call: (201) 262-4626 - Visit: HNHFitness.com
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Schedule Key:

Type of Class/Format:

- C = Cardio / Aerobic
- S = Strength Training
- F = Flexibility
- B = Balance / Coordination
- R = Stress Reduction

Intensity Level:

- 1 = Light / Easy
- 2 = Moderately Easy
- 3 = Moderately Hard
- 4 = Vigorous / Very Hard

| Monday | Time | Instructor | Location | Class | Intensity Level |
|------------------------------|----------------|------------|-----------|---------|-----------------|
| Group Cycle Express | 5:15-5:45 am | Donna R. | Studio 3 | C | 3 |
| Core Conditioning | 5:45-6:15 am | Donna R. | Studio 1 | S/F | 3 |
| Body Sculpt | 8:00-9:00 am | Kim Maz | Studio 2 | S | 3-4 |
| TRX | 9:00-9:45 am | Maureen | Studio 1 | C/S | 3-4 |
| Group Cycle | 9:00-10:00 am | Chris D. | Studio 3 | C | 2-3 |
| Stretch | 10:00-11:00 am | Roger | Studio 2 | F | 1-2 |
| Fitness Over 50 | 11:00-12:00 pm | Evette | Studio 2 | C/S | 2-3 |
| Senior Sneakers | 12:00-1:00 pm | Maureen | Studio 2 | C/S/F/R | 1-2 |
| Chair Yoga | 1:30-2:30 pm | Eugenia | Studio 1 | F/R | 1-2 |
| Booty Barre, Flex & Flow | 4:30-5:15 pm | Maureen | Studio 1 | S/F | 2-3 |
| Group Cycle Rip and Ride | 5:15-6:00 pm | Maureen | Studio 3 | C/S | 3-4 |
| Absolution | 5:30-6:00 pm | Helen | Studio 2 | S | 3-4 |
| TRX Suspension Training | 6:00-6:45 pm | Maureen | Studio 1 | C/S | 3-4 |
| Power Hour | 6:00-7:00 pm | Helen | Studio 2 | S | 3-4 |
| Group Cycle | 7:00-7:45 pm | Tania | Studio 3 | C | 3-4 |
| Tuesday | Time | Instructor | Location | Class | Intensity Level |
| Morning Muscle | 5:15-6:15 am | Ellen | Studio 1 | S/F/B | 3-4 |
| TRX Circuit | 8:00-8:45 am | Maureen | Stud.1/GF | C/S | 3-4 |
| Absolution | 8:30-9:00 am | Kim Maz | Studio 2 | S | 3-4 |
| Cardio/Strength Interval-CSI | 9:00-10:00 am | Kim Maz | Studio 2 | C/S | 3-4 |
| Group Cycle | 9:00-9:45 am | Evette | Studio 3 | C | 3-4 |
| Yoga To The Core | 10:00-11:00 am | Laura M. | Studio 1 | S/F | 3-4 |
| Zumba | 11:00-12:00 pm | Kim T. | Studio 2 | C | 2-3 |
| Mat Pilates | 4:00-5:00pm | Maureen | Studio 2 | S/F | 2-3 |
| Absolution | 5:30-6:00 pm | Audrey | Studio 2 | C/S | 2-3 |
| Cardio Sculpt | 6:00-7:00 pm | Audrey | Studio 2 | C | 3-4 |
| Group Cycle | 6:00-7:00 pm | Chris D. | Studio 3 | C | 3 |
| Flow Yoga | 7:00-8:00 pm | Michele | Studio 1 | S/F | 2-3 |
| Boot Camp | 7:00-8:00 pm | Ben | Studio 2 | C/S | 3-4 |
| Wednesday | Time | Instructor | Location | Class | Intensity Level |
| Group Cycle | 5:15-6:15 am | Kate | Studio 3 | C | 3 |
| Yoga Basics | 8:30-9:30 am | Fay | Studio 1 | F/R | 1-2 |
| Absolution | 8:30-9:00 am | Chris D. | Studio 2 | S/B | 3 |
| Step Fever | 9:00-10:00 am | Chris D. | Studio 2 | C | 3 |
| Group Cycle | 9:00-10:00 am | Roger | Studio 3 | C | 3 |
| Body Sculpt | 10:00-11:00 am | Kim Maz | Studio 2 | S | 3-4 |
| Fitness Over 50 | 11:00-12:00 pm | Janine | Studio 2 | C/S | 2-3 |
| Senior Sneakers | 12:00-1:00 pm | Janine | Studio 2 | C/S/F | 1-2 |
| Delay The Disease (DTD) | 1:30-2:30 pm | Kim Mih. | Studio 2 | C/S/F/R | 1-2 |
| Body Sculpt | 4:00-4:45 pm | Janine | Studio 2 | S/F | 3 |
| Ball Blast | 5:30-6:00 pm | Helen | Studio 2 | S/F | 3 |
| Body Sculpt | 6:00-7:00 pm | Helen | Studio 2 | C/S | 3 |
| Group Cycle | 6:00-6:45 pm | Sheri | Studio 3 | C | 3-4 |
| Group Cycle | 7:00-7:45 pm | Tania | Studio 3 | C | 3-4 |
| Thursday | Time | Instructor | Location | Class | Intensity Level |
| Morning Strength | 5:30-6:30 am | Sheri | Studio 2 | C/S | 3 |
| Morning Muscle | 7:30-8:30 am | Ellen | Studio 2 | C/S | 3-4 |
| Absolution | 8:30-9:00 am | Kim Maz | Studio 2 | C | 3-4 |
| TRX - U Can Do It | 9:00-9:45 am | Roger | Stud.1/GF | S/F/B | 2-3 |
| Cardio/Strength Interval-CSI | 9:00-10:00 am | Kim Maz | Studio 2 | C | 3-4 |
| Pilates Tye4 | 10:00 -11:00am | Maureen | Studio 1 | S/F/B | 2-3 |
| Group Cycle | 10:15-11:00 am | Donna S. | Studio 3 | C | 3-4 |
| Stretch | 10:00-11:00 am | Roger | Studio 2 | F | 1-2 |
| Tai Chi | 11:00-11:50 am | Hasmig | Studio 2 | R | 1 |
| Zumba | 12:00-1:00 pm | Brittany | Studio 2 | C | 2-3 |
| Mat Pilates | 4:00-5:00 pm | Maureen | Studio 2 | S/F | 2-3 |
| Body Sculpt | 5:00-5:45 pm | Audrey | Studio 2 | S/C/F/B | 3 |
| 30/60/90 | 5:45-6:30 pm | Audrey | Studio 2 | C/S | 3-4 |
| Group Cycle | 6:00-6:45 pm | Chris D. | Studio 3 | C | 3-4 |
| Tai Chi | 6:30-7:30 pm | Hasmig | Studio 2 | R | 1 |
| Friday | Time | Instructor | Location | Class | Intensity Level |
| Group Cycle | 5:15-6:15 am | Donna R. | Studio 3 | C | 3 |
| Yoga Basics | 8:30-9:30 am | Fay | Studio 1 | F/R | 1-2 |
| Arms, Abs & Assets | 8:30-9:00 am | Evette | Studio 2 | S | 3-4 |
| Boot Camp | 9:00-10:00 am | Evette | Studio 2 | C/S | 3-4 |
| Group Cycle | 9:00-10:00 am | Donna S. | Studio 3 | C | 3-4 |
| Core Conditioning | 10:00-11:00 am | Linda C. | Studio 1 | S/F | 2-3 |
| Fitness Over 50 | 11:00-12:00 pm | Janine | Studio 2 | C/S/F | 2-3 |
| Senior Sneakers | 12:00-1:00 pm | Janine | Studio 2 | C/S/F/R | 1-2 |
| Delay The Disease (DTD) | 1:30-2:30 pm | Kim Mih. | Studio 2 | C/S/F/R | 1-2 |
| Relax and Restore Yoga | 5:30-6:30 pm | Maureen | Studio 1 | F/R | 1-2 |



HNH Fitness Hours:
 Mon to Thurs: 5:00 AM - 10:00 PM
 Fri: 5:00 AM - 9:00 PM
 Sat: 7:00 AM - 7:00 PM
 Sun: 7:00 AM - 5:00 PM

Address:
 514 Kinderkamack Road
 Oradell, NJ 07649

| Saturday | Time | Instructor | Location | Class | Intensity Level |
|-------------------------|----------------|------------|-----------|---------|-----------------|
| Boot Camp | 8:00-8:45 am | Carson | Studio 2 | C/S | 4 |
| Group Cycle | 8:00-9:00 am | Donna R. | Studio 3 | C | 3 |
| Gentle Yoga | 8:45-9:45 am | Laura | Studio 1 | F/R | 1-2 |
| Body Sculpt | 9:00-10:00 am | Audrey | Studio 2 | S | 3 |
| Cardio Kick | 10:00-10:45 am | Audrey | Studio 2 | C | 2-3 |
| Group Cycle | 10:00-11:00 am | Evette | Studio 3 | C | 3 |
| TRX Suspension Training | 10:00-10:45 am | Donna S. | Stud.1/GF | S | 3-4 |
| Sunday | Time | Instructor | Location | Class | Intensity Level |
| Group Cycle | 8:00-8:45 am | Maureen | Studio 3 | C | 3-4 |
| Step Interval | 9:00-10:00 am | Audrey | Studio 2 | C | 2-3 |
| Pilates Flow | 9:00-10:00 am | Janine | Studio 1 | S/F/B | 2-3 |
| Booty Barre | 10:00-11:00 am | Maureen | Studio 1 | C/S/F/B | 3-4 |
| Body Sculpt | 10:00-11:00 am | Audrey | Studio 2 | S | 3-4 |
| Group cycle | 10:00-11:00 am | Linda D. | Studio 3 | C | 3-4 |
| Zumba | 11:00-12:00 pm | TBD | Studio 2 | C | 2-3 |

DOWNLOAD OUR HNH FITNESS APP TODAY
FOR CLASS SIGN-UP, HNH NEWS, CLUB
NOTIFICATIONS & MORE!!!

CLASSES FOR EVERYONE!

Try one or try many, we have lots of variety for all levels or exercisers!

LIKE US ON FACEBOOK!

Please like our Facebook page for the latest HNH Fitness News and Updates!

EMAIL US!

If you have any questions or need any additional information about our classes or the gym, please email us at:

hnhfitness@holynome.org

- OTHER CLUB PROGRAMS & SERVICES**
- PERSONAL TRAINING
 - SMALL GROUP TRAINING
 - MASSAGE THERAPY
 - PILATES REFORMER STUDIO
 - MEDICAL FITNESS CLASSES
 - PHYSICAL THERAPY
 - NUTRITION COUNSELING
 - And Much More!!!