

class schedule

effective 1st | September 2018

All sessions must be reserved in advance
Non-attended scheduled sessions will be subject to a no-show charge

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 5:45 am WOD Chloe	5:15 - 5:45 am Core Shane	5:15 - 5:45 am WOD Chloe	5:15 - 5:45 am Core Shane	5:30 - 6:15 am WOD Chloe	7:30 - 8:15 am Rounds RX Eric	8:15 - 9:15 am WOD Shane
5:45 - 6:30 am Shape Lower Chloe	5:45 - 6:30 am WOD Shane	5:45 - 6:30 am Rounds RX George	5:45 - 6:30 am WOD Shane	6:15 - 7:00 am Lift Chloe	8:00 - 8:45 am Run Kathleen	9:30 - 10:15 am WOD Shane
8:00 - 8:45 am WOD Chloe	8:00 - 8:45 am WOD Shane	8:00 - 9:00 am Battle Shane	8:00 - 8:45 am Shape Upper Shane	8:00 - 9:00 am HIIT & Run Kathleen	9:00 - 10:00 am Run Kathleen	10:30 - 11:15 am HIIT & Run Shane
9:15 - 10:00 am Lift Chloe	9:15 - 10:15 am Run Kathleen	9:00 - 9:30 am Run Kathleen	8:45 - 9:15 am Core Shane	9:00 - 10:00 am Run Kathleen	9:00 - 10:00 am Spartan Eric	
9:15 - 10:00 am HIIT & Flow Allison		9:30 - 10:00 am Lift Chloe			10:15 - 11:00 am Bags & Body Brian	
		10:00 - 10:30 am Core Chloe				
5:30 - 6:15 pm Lift Chloe	5:30 - 6:15 pm HIIT & Run Kathleen	5:30 - 6:15 pm Swing Chloe	5:30 - 6:15 pm Shape Lower Shane			
5:45 - 6:45 pm Run Kathleen						
6:15 - 7:00 pm Lift Chloe	6:15 - 7:00 pm Shape Upper Kathleen	6:15 - 7:00 pm Swing Chloe	6:15 - 7:00 pm Shape Lower Shane			
	6:15 - 7:00 pm Bags & Body Brian					

class descriptions

Club Hours: Monday - Thursday 5:00 am - 9:00 pm
Friday 5:00 am - 7:00 pm
Saturday 7:00 am - 5:00 pm
Sunday 7:00 am - 2:00 pm
716.625.4483

Bags & Body

A full-body strength and conditioning workout, incorporating various body weight exercises within boxing rounds to create a high intensity boxing experience. Be prepared to sweat and feel like a warrior.

Battle

Join the squad as you pursue the fitness goals you can't achieve alone. Our tool of choice is battle ropes but come prepared to grab medicine balls, kettle bells and more to get the results you're looking for.

Core Blast

When your core is strong, so is the rest of your body. Strengthen and tone your core with this fast and effective 30-minute workout.

Cycle

Uniquely tailored to suit a wide range of abilities and fitness goals, Hive's Group Cycling program equipped with patented Spinner® bikes manufactured by StarTrac® deliver a personalized workout, incredible calorie burn and personal challenge—all at a self-directed pace.

HIIT & Run

Get ready for a blend of treadmill/outdoor running and interval training. You will feel energized after lifting, running and jumping your way into the body that you want.

Lift

The latest trend of lifting weights. If you are looking to learn proper form and max out, this class is for you. Come test your strength and impress yourself.

Rounds RX

Be prepared to focus on building the strength of your core muscles while increasing body stamina through rounds of HIIT and suspension training.

Run

A motivating, entertaining, educational and invigorating group exercise class for the treadmill. The pattern of the workout is based on interval training, short spurts of intense exercise followed by periods of rest that help build cardiovascular capacity and muscular strength.

RUN CLUB

Weather permitting this class will hit the pavement and trails. A one hour performance improving class encourages runners of all fitness levels and ability to join us of 50 minutes of continuous intervals, tempo and hills. Dynamic warm-up and flexibility will precede every run.

Shape

Mold your body and break your barriers. This class is structured to shape a specific part of your body and takes you to your limits of strengthening and sculpting. We promise a fun and sweaty upper or lower body workout that will leave you hungry for more!

Spartan

Train like a Spartan. Be prepared for the ultimate strength and endurance challenge that is obstacle training.

Swing

Get ready to improve your stability, strength & power with various kettlebell exercises. Class will included different movements such as deadlift, swing, clean and press, and snatch. Each of these movements are compound exercises that build strength, improve flexibility and burn max calories.

WOD

Find your zone then push through it with the work out of the day. Our WOD combines strength training with metabolic conditioning using varying function movements executed at a high intensity.

hive