

class schedule

effective 1st | June 2019

All sessions must be reserved in advance
 Non-attended scheduled sessions will be subject to a no-show charge
 \$18 a la carte per class charge for Core members

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 6:00 am WOD Chloe	5:15 - 6:00 am IGNITE45 George	5:15 - 6:00 am WOD Chloe	5:15 - 6:00 am HIVEFITT Chloe	5:15 - 6:00 am WOD Chloe	7:30 - 8:15 am IGNITE45 George	8:15 - 9:15 am WOD Jericho
6:15 - 7:00 am LIFT Chloe	6:15 - 7:00 am HYBRID DENSITY (UPPER) Nick	6:15 - 7:00 am HYBRID DENSITY (LOWER) Nick	6:15 - 7:00 am HYBRID DENSITY (FULL BODY) Nick	6:15 - 7:00 am LIFT Chloe	9:00 - 10:00am BOOTCAMP (Kids Class Avail.) Chloe/Eric June 29th	9:00 - 10:00 am BARBELL CLUB Mike
8:00 - 8:45 am HIIT Chloe	7:00 - 7:45 am HIIT Nick	8:00 - 8:45 am GRAVITY Chloe	7:00 - 7:45 am HIIT Nick	8:00 - 8:45 am HITT Chloe	9:00 - 10:00 am GRAVITY Chloe N/A May 25th	9:30 - 10:15 am HIVEFITT Jericho
8:30 - 9:15 am GRAVITY Justin	8:15 - 9:00 am LIFT (UPPER) Nick	8:00 - 9:00 am BARBELL CLUB Kam	8:15 - 9:00 am LIFT (LOWER) Nick	9:15 - 10:00 am WOD Chloe	9:00 - 10:00 am Spartan Eric N/A May 25th	10:15 - 11:00 am WOD Jericho
9:15 - 10:00 am WOD Chloe	9:00 - 10:00 am Run Chloe	9:15 - 10:00 am GRAVITY Chloe	9:00 - 10:00 am Run Chloe		10:00 - 10:45 am GRAVITY Justin	11:00 - 11:45 am GRAVITY Mike
	9:15 - 10:00 am SLIDE Nick		9:15 - 10:00 am SLIDE Nick		11:00 - 11:45 am Box Mike	
5:45 - 6:30 pm HIIT Nick	5:45 - 6:30 pm HYBRID DENSITY (UPPER) Nick	5:45 - 6:30 pm HITT Nick	5:45 - 6:30 pm HYBRID DENSITY (LOWER) Nick			
6:45 - 7:30 pm HYBRID DENSITY (UPPER) Nick	6:15 - 7:00 pm Box Justin	6:45 - 7:30 pm HYBRID DENSITY (LOWER) Nick	6:45 - 7:30 pm HIIT Nick			
	6:45 - 7:30 pm HIIT Nick	7:00 - 8:00 pm Yoga Allison				



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
716.675.4483

Box

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.

GRAVITY

Total-body functional conditioning that maximizes efficiency and effect. Participants become strong and mobile, working at their own ability and pace. Features a 45 minute personalized coaching in a spirited group setting on Total Gym.

HIVEFITT

This class is for YOU! It doesn't matter what level you are. Come prepared to use medicine balls, kettlebells, battle ropes and more to put your heart rate and energy levels through the roof. You will leave this class with a body and mind that is truly HIVEFITT.

IGNITE45

A high-intensity bootcamp style class. We will hit every major muscle group as we move through a variety of stations utilizing kettlebells, battle ropes, TRX, resistance bands and more.

BOOTCAMP

Bring the kiddos once a month while you're getting your Spartan on. Children aged 6-12 will spend an hour moving, jumping, laughing and playing games to keep them active and having fun!

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.

Spartan

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

Therapeutic Yoga

Our Therapeutic Yoga Class is an hour full of lengthening muscle stretches coupled strategically with core muscle activation and balance activities. Our Physical Therapist Instructors incorporate appropriate focus on our breath to keep our minds away from distraction, allowing us to fully dedicate the time to our own bodies.

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.

SLIDE

Slide focuses on lateral training to improve your balance, core strength and total body conditioning. We incorporate dumbbells and kettle bells on and off the slide boards for a low to mid- impact full body workout.

Hybrid Density

If you are looking for an awesome overall strength and fat burning class, this one is for you! With a mix of cardio, core and resistance training you and your instructor will sweat together providing a unique bond and achieving new heights together!

HIIT

This interval based class focuses on cardio and anaerobic exercises with short rest periods. You will work hard, burn fat, improve conditioning and become your strongest self.

LIFT

Back by popular demand! This class is based on resistance training. Utilizing free weights, machines and other modalities you will build strength and add muscle so your body can burn more calories at rest!

Barbell Club

Based on heavy compound movements, you will learn proper form/technique and work on your weak points to give you an overall healthy strong body! Also, moving a lot of weight gives you something to brag about!

hive