

class schedule

All sessions must be reserved in advance
 Non-attended scheduled sessions will be subject to a no-show charge
 \$16 a la carte per class charge for Core members

Monday

5:15 - 6:00 am
WOD
 Chloe

6:15 - 7:00 am
LIFT
 Chloe

8:00 - 8:45 am
HIIT
 Chloe

8:30 -9:15 am
EVOLVE
 Mike

9:15 -10:00 am
WOD
 Chloe

9:30 -10:15 am
BLAST
 Amy

3:00 – 5:00 pm
**FOUNDATIONS
 (KIDS)**
 Ally

4:30 – 5:15 pm
ALL IN
 Amy

5:45 - 6:30 pm
FIT & FUNCTION
 Eric

Tuesday

5:15 - 6:00 am
IGNITE45
 George

6:15 - 7:00 am
**HYBRID DENSITY
 (UPPER)**
 Nick

8:15 - 9:00 am
**LIFT
 (UPPER)**
 Eric

9:00 - 10:00 am
RUN
 Chloe

9:30 – 10:15 am
STEP IT UP
 Amy

4:30 – 5:15 pm
CUT & CORE
 Amy

5:30 – 7:30 pm
**FOUNDATIONS
 (KIDS)**
 Eric

5:45 - 6:30 pm
FIT GAMES
 Mike

Wednesday

5:15 - 6:00 am
WOD
 Chloe

6:15 - 7:00 am
FIT & FUNCTION
 Eric

8:00 - 8:45 am
GRAVITY
 Chloe

9:15 - 10:00 am
GRAVITY
 Chloe

9:30 – 10:15 am
BOOTY & BURN
 Amy

3:30 – 4:15 pm
**REJUVENATION
 (KIDS)**
 Dianne

5:45 - 6:30 pm
FIT & FUNCTION
 Eric

6:00 - 7:00 pm
YOGA
 Sandy

Thursday

5:15 - 6:00 am
HIVEFITT
 Chloe

6:15 - 7:00 am
**HYBRID DENSITY
 (LOWER)**
 Nick

8:15 - 9:00 am
**LIFT
 (LOWER)**
 Mike

9:00 - 10:00 am
RUN
 Chloe

9:30 – 10:15 am
BOOTY & BURN
 Amy

3:00 – 5:30 pm
**FOUNDATIONS
 (KIDS)**
 Mike

5:45 - 6:30 pm
FIT GAMES
 Mike

Friday

5:15 - 6:00 am
WOD
 Chloe

6:15 - 7:00 am
LIFT
 Chloe

8:00 - 8:45 am
HIIT
 Chloe

9:15 -10:00 am
WOD
 Chloe

9:30 -10:15am
ALL IN
 Amy

Saturday

7:30 - 8:15 am
IGNITE45
 George

9:00 – 9:45 am
GRAVITY
 Justin

9:00 – 10:00 am
FIT GAMES
 Mike

11:00 – 11:45 am
**REJUVENATION
 (KIDS)**
 Dianne

Sunday

9:30 – 10:15 am
BOOTCAMP
 Amy

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

ALL IN

This class offers a little bit of everything: cardio, strength training, core work, flexibility and coordination. You will build lean muscle through resistance workouts, combining high energy movements that will include some kickboxing style exercises, resulting in an awesome full body workout that will make you feel strong and powerful.

BLAST

This class blends both cardio and resistance training to maximize fat burning and muscle toning results. This intense, yet basic workout can be taken at high or low intensity. A variety of equipment will be used including hand weights, resistant bands, steps, floor mat, exercise ball.

BOOTY & BURN

This is a fun, energetic workout blending cardio, strength, flexibility, balance and core conditioning. This low impact, intense workout will target your lower body muscles, shaping and toning in all the right places! Upper body will also be challenged with light to moderate weight that include high repetitions. Equipment used- Mat, the Barre, weights, body weight.

CUT & CORE

There is so much more than abdominal crunches to strengthen your midsection! This class will focus on core muscles using body weight exercises, in addition to using a variety of equipment to challenge your entire body. You will increase muscular strength while improving bone health. Other benefits include posture improvement, balance and flexibility. Class will conclude with a stretch to assist in improving flexibility and range of motion.

GRAVITY

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

HIIT

HIIT classes offer an intense fat burning session that will challenge your entire body. From burpees to sled pushes, body weight movements, and core work, you will be burning fat for hours after this class.

FOUNDATIONS

This class is set up to help your child learn the basic movements of fitness building a solid foundation moving into their fitness future! We want to instill good habits, good form, endurance and prevent injuries. Whether your child is training for a sport or just getting active, this class will benefit everyone!

HYBRID DENSITY

If you are looking for a hybrid style workout to tone and sculpt your total body, this is the workout for you! Weight training, body moves, core training, kettlebells and med balls make for a fun and exciting workout to add to your weekly routine!

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.

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!

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.

STEP IT UP

Not your average step class. This class will incorporate both cardiovascular and strength training exercises, that will include the step to 'step up' the workout intensity. A variety of equipment will also be used, Dumbbells, resistance bands, med balls and body weight.

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.

YOGA

This class in a mildly heated room will start with breathing exercise and meditation. We focus on details and therapeutically address often neglected parts of the body by spending time on each posture. We use the measurement of the body to help establish the shape of the posture. In this class you will build strength, flexibility and confidence.

EVOLVE

Build your body from the ground up! This class is meant to take our clients and help them systematically progress toward their fitness goals. Every day is a new chance to Evolve into the best version of ourselves!

REJUVENATION

This class provides children the opportunity to get their energy out in a FUN and creative way all while getting a wonderful mind and body workout! Children will build strength, coordination, and confidence while laying the groundwork for a healthy lifestyle! Sign your child up now to strengthen their body and their mind!

FIT AND FUNCTION

This class is based on functional movements to help everyone move better as well as getting your heart rate up and preventing injuries. You will be learning proper stretching techniques and form within each body part and movements held within the class.

FIT GAMES

For all our competitive members, each class will provide different challenges working toward a Hive Fitness Games held at the end of each month. Track your progress and beat your best time while competing against others in the same class.