



THE HAWTHORNS

February

GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FEB. 2

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Chantel

SPINNING 8:00-8:45 am  
Instructor: Diane

BODY CONDITIONING  
9:00-9:50 am  
Instructor: Diane

FEB. 3

SPINNING 5:30-6:15 am  
Instructor: Sarah

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 4

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Pam

SPINNING 8:00-8:45 am  
Instructor: Diane

BOOTCAMP 9:00-9:50 am  
Instructor: Chris

FEB. 5

SPINNING 5:30-6:15 am  
Instructor: Eboni

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 6

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

SPINNING 8:00-8:45 am  
Instructor: Eboni

BOOTCAMP 9:00-9:50 am  
Instructor: Chris  
BODY SCULPT & CONDITIONING  
TRIAL CLASS  
10:00-10:45 am  
Instructor: Courtney

FEB. 9

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Chantel

SPINNING 8:00-8:45 am  
Instructor: Diane

BODY CONDITIONING  
9:00-9:50 am  
Instructor: Diane

FEB. 10

SPINNING 5:30-6:15 am  
Instructor: Sarah

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 11

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Pam

SPINNING 8:00-8:45 am  
Instructor: Diane

BOOTCAMP 9:00-9:50 am  
Instructor: Chris

FEB. 12

SPINNING 5:30-6:15 am  
Instructor: Eboni

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 13

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

SPINNING 8:00-8:45 am  
Instructor: Eboni

BOOTCAMP 9:00-9:50 am  
Instructor: Chris  
BODY SCULPT & CONDITIONING  
TRIAL CLASS  
10:00-10:45 am  
Instructor: Courtney

FEB. 16

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Chantel

SPINNING 8:00-8:45 am  
Instructor: Diane

BODY CONDITIONING  
9:00-9:50 am  
Instructor: Diane

FEB. 17

SPINNING 5:30-6:15 am  
Instructor: Sarah

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 18

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Pam

SPINNING 8:00-8:45 am  
Instructor: Diane

BOOTCAMP 9:00-9:50 am  
Instructor: Chris

FEB. 19

SPINNING 5:30-6:15 am  
Instructor: Eboni

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 20

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

SPINNING 8:00-8:45 am  
Instructor: Eboni

BOOTCAMP 9:00-9:50 am  
Instructor: Chris  
BODY SCULPT & CONDITIONING  
TRIAL CLASS  
10:00-10:45 am  
Instructor: Courtney

FEB. 23

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Chantel

SPINNING 8:00-8:45 am  
Instructor: Diane

BODY CONDITIONING  
9:00-9:50 am  
Instructor: Diane

FEB. 24

SPINNING 5:30-6:15 am  
Instructor: Sarah

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 25

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Pam

SPINNING 8:00-8:45 am  
Instructor: Diane

BOOTCAMP 9:00-9:50 am  
Instructor: Chris

FEB. 26

SPINNING 5:30-6:15 am  
Instructor: Eboni

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

FEB. 27

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

SPINNING 8:00-8:45 am  
Instructor: Eboni

BOOTCAMP 9:00-9:50 am  
Instructor: Chris  
BODY SCULPT & CONDITIONING  
TRIAL CLASS  
10:00-10:45 am  
Instructor: Courtney

MAR. 2

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Chantel

SPINNING 8:00-8:45 am  
Instructor: Diane

BODY CONDITIONING  
9:00-9:50 am  
Instructor: Diane

MAR. 3

SPINNING 5:30-6:15 am  
Instructor: Sarah

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

MAR. 4

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

YOGA 7:00-7:45 am  
Instructor: Pam

SPINNING 8:00-8:45 am  
Instructor: Diane

BOOTCAMP 9:00-9:50 am  
Instructor: Chris

MAR. 5

SPINNING 5:30-6:15 am  
Instructor: Eboni

ABS & STRETCHING  
7:30-8:15 am  
Instructor: Diane

BOOTCAMP / MINI CIRCUITS  
9:00-9:40 am  
Instructor: Chris

BARRE / BODY SCULPT  
10:00-10:50 am  
Instructor: Courtney

MAR. 6

BOOTCAMP 5:30-6:20 am  
Instructor: Chris

SPINNING 8:00-8:45 am  
Instructor: Eboni

BOOTCAMP 9:00-9:50 am  
Instructor: Chris

For More Information on Personal Training Packages,  
Contact Chris Powell at [cpowell@hawthornscountryclub.com](mailto:cpowell@hawthornscountryclub.com)  
or Diane Pratt at [lilredrileyhood12@gmail.com](mailto:lilredrileyhood12@gmail.com)