

AQUATIC FITNESS

Monday

8:00 am
Arthritis Aquatics

9:00 am
Water In Motion
Original

9:00 am
CST

12:00 pm
Strength & Tone

6:00 pm
Water In Motion
Original

7:00 pm
Strength & Tone

Tuesday

8:00 am
Ai Chi Aquatics

9:00 am
Aqua ACT

Wednesday

8:00 am
Arthritis Aquatics

9:00 am
Strength & Tone

9:00 am
CST

12:00 pm
Aqua FLEX

6:00 pm
Strength & Tone

Thursday

8:00 am
Ai Chi Aquatics

9:00 am
Aqua ACT

Friday

8:00 am
Arthritis Aquatics

9:00 am
Aqua ACT

9:00 am
CST

12:00 pm
Strength & Tone

Saturday

8:00 am
Water In Motion
Original

Sunday

8:00 am
Ai Chi Aquatics

9:00 am
Aqua ACT

Arthritis Aquatics is open to nonmembers. Ask about pricing.
Schedule is subject to change.

INDOOR CYCLING

Monday

9:10 am
UltraSPIN

6:00 pm
RPM

Tuesday

5:30 am
UltraSPIN

9:10 am
SPRINT 45

12:00 pm
RPM

6:00 pm
UltraSPIN

Wednesday

5:30 am
SPRINT 45

9:10 am
UltraSPIN

Thursday

5:30 am
RPM

12:00 pm
UltraSPIN

6:00pm
UltraSPIN

Friday

9:10 am
RPM

Saturday

8:00 am
UltraSPIN

9:00 am
SPRINT

Sunday

8:00 am
RPM

RPM, SPRINT, ULTRASPIN require a numbered pass for entry.
Pick one up at the front desk starting as early as
30 minutes before class.

AQUA FITNESS

Ai Chi Breathe & Balance (50 min) Ai Chi combines deep breathing and controlled movements performed in shoulder deep water. Improve stability, balance, range of motion, and relaxation. Shallow end.

Aqua-ACT (50 min)

Aqua Athletic Conditioning Training: Cardio and strength training as a group and in circuits. Steady endurance work. Equipment used for muscle toning. Shallow and deep end.

A-HIIT (45 min)

High Intensity Interval Training based on Tabata concept. Exercises are performed at greater level of effort and intensity using interval training. Class targets 80% MHR for cardio and muscle conditioning with minimum of impact in an aquatic environment. Shallow end. Option to move into chest deep water for more challenge.

Aqua Flex (50 min)

A deep water fitness friendly class in a non-competitive environment. A-Flex movements and exercises were designed to promote proper joint and muscle group alignment. Class will benefit those who have arthritis, fibromyalgia, back/knee pain or are pregnant. Deep end.

Arthritis Aquatics (50 min) Specially designed exercises conducted in our heated pool led by trained instructors in movements to improve joint flexibility and overall mobility. Members are free. Nonmember: \$140/14 classes. Register at 603.673.7123. Shallow and deep end.

CST - Coached Stroke Technique

Expert coaching for fitness swimmers wanting to improve efficiency, time, form, and technique. Swim longer, faster, and have more fun. All levels welcome.

Strength & Tone (50 min)

A deep water workout utilizing all the major muscle groups. Improve endurance, strength, flexibility and core stabilization. Class uses aqua bands, noodles, barbells and dumbbells. All levels are welcome. Deep end.



(45 min.) An exciting workout that combines cardio with muscle toning in the massaging environment of the pool. Amazing music, choreography, and fantastic instructors. All levels welcome. Shallow end.

INDOOR CYCLING

LES MILLS

RPM (50 min.) High intensity interval training cycling class. You'll be lead through hills, flats, mountain peaks and speed work.

LES MILLS

sprint (30/40 min.) High intensity, short duration sprints where you work as hard as possible followed by periods of rest to prepare for the next effort.



(50 min.) An instructor-driven indoor cycling class that gives you an incredible cardio workout.



hampshirehills.com

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Roque, Group Fitness Coordinator

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AQUATIC FITNESS

INDOOR CYCLING



Hampshire Hills Athletic Club

JANUARY 16 - 2017