

STUDIO CLASSES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 5:30 am GRIT Strength Studio #1 | 5:30 am UltraSpin Cycle Studio | 5:30 am BodyPump Studio #1 | 5:30 am RPM Cycle Studio | 5:30 am GRIT Strength Studio #1 |
| 6:10 am ULTRA Spin Studio #1 | | | | 6:10 am All Terrain Cycle Studio |
| 8:30 am GRIT Strength Studio #1 | 8:30 am CXWorx Studio #1 | 8:30 am Body PUMP Exp Studio #1 | 8:30 am CXWorx Studio #1 | 8:30 am GRIT Strength Studio #1 |
| | | 8:30 am Total BARRE Studio #3 | | 8:30 am BARRE Studio #3 |
| 9:00 am Body Combat Studio #1 | 9:00 am Body Pump Studio #1 | 9:00 am Just Dance Studio #1 | 9:00 am Body Step Studio #1 | 9:00 am Body Vibe Studio #1 |
| 9:00 am Vinyasa Yoga Studio #2 | 9:00 am Vinyasa Yoga Studio #2 | 9:00 am Vinyasa Yoga Studio #2 | 9:00 am Vinyasa Yoga Studio #2 | 9:00 am Body Flow Studio #2 |
| 9:00 am Total BARRE Studio #3 | | 9:10 am UltraSpin Cycle Studio | | 9:10 am RPM Cycle Studio |
| 9:10 am UltraSpin Cycle Studio | 9:10 am SPRINT Cycle Studio | 9:30 am Total BARRE Studio #3 | 10:00 am BodyPump Studio #1 | 10:00 am Pilates Studio #2 |
| 10:00 am BodyVive Studio #1 | 10:00 am BodyStep Studio #1 | 10:00 am BodyVive Studio #1 | 11:00 am FF Strength & Balance Studio #2 | 10:00 am Just Dance Studio #1 |
| 10:00 am BodyFlow Studio #2 | 10:00 am Pilates Studio #2 | 11:00 am FF Triple Play Studio #1 | 12:00 pm FF Gentle Yoga Studio #2 | 10:00 am Vinyasa Yoga Studio #2 |
| | 11:00 am FF Strength & Balance Studio #2 | 12:00 pm Yoga LBFR Studio #2 | 12:00 pm UltraSpin Cycle Studio | 12:00 pm BodyPump Studio #1 |
| 12:00 pm BodyPump Studio #1 | 12:00 pm Fitness Stretch Studio #2 | 4:30 pm GRIT Strength Studio #1 | 4:30 pm BodyPUMP Exp Studio #1 | |
| | 12:00 pm All Terrain Cycle Studio | 5:00 pm BodyCombatExp Studio #1 | 5:00 pm BodyAttack Exp Studio #1 | 5:00 pm BodyPump Exp Studio #1 |
| 4:30pm BodyPump Studio #1 | 4:30 pm BodyVive Studio #1 | 5:30 pm Kripalu Yoga 70 min Studio #2 | 5:30 pm Yoga Yin Studio #2 | 5:00 pm Gentle Yoga Studio #2 |
| 5:00 pm Pilates Studio #2 | 5:30 pm Gentle Yoga 70 min Studio #2 | 5:30 pm BodyPump Studio #1 | 5:30 pm Total Barre Studio #3 | 5:30 pm BodyCombat Studio #1 |
| 5:30 pm BodyAttack Studio #1 | 5:30 pm BodyCombat Studio #1 | 6:00 pm SPRINT Cycle Studio | 5:30 pm Just Dance Exp Studio #1 | |
| 6:00 pm Vinyasa Yoga 70 min Studio #2 | 6:00 pm UltraSpin Cycle Studio | 6:30 pm BodyStep 45 min Studio #1 | 6:00 pm UltraSpin Cycle Studio | 6:00 pm Yoga LBSF 70 min Studio #2 |
| 6:00 pm RPM Cycle Studio | | | 6:00 pm GRIT Strength Studio #1 | |
| 6:30 pm BodyStep 45 min Studio #1 | 6:30 pm GRIT Strength Studio #1 | | | |

AQUATIC CLASSES

Arthritis Aquatics is open to nonmembers. Ask about pricing.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|----------------------------|---------------------------------------|-----------------------------------|--|--|--|
| 8:00 am Arthritis Aquatics | 8:00 am Ai Chi | 8:00 am Arthritis Aquatics | 8:00 am Ai Chi | 8:00 am Arthritis Aquatics | 8:00 am GRIT Str Studio #1 | 8:00 am BodyPump Studio #1 |
| 9:00 am Strength & Tone | 9:00 am Aqua ACT | 9:00 am Strength & Tone | 9:00 am Aqua ACT | 9:00 am Aqua ACT | 8:00 am UltraSPIN Cycle Studio | 8:00 am RPM Cycle Studio |
| 9:00 am CST | | 9:00 am CST | | 9:00 am CST | 8:30 am BodyAttack 45 Studio #1 | 9:00 am Vinyasa Yoga 70 min Studio #2 |
| 12:00 pm Strength & Tone | | 12:00 pm Aqua FLEX | | 12:00 pm Strength & Tone | 9:00 am Kripalu Yoga 70 min Studio #2 | 9:00 am BodyCombat Studio #1 |
| 6:00 pm Water In Motion | | 6:00 pm Water In Motion Exp | | | 9:15 am BodyStep 45 Studio #1 | |
| 7:00 pm Strength & Tone | | 6:30 pm Strength & Tone | | | 10:00 am BodyPump Studio #1 | |
| | | | Saturday | Sunday | | |
| | | | 8:00 am Water In Motion | 8:00 am Ai Chi | | |
| | | | | 9:00 am Aqua ACT | | |

FF-Forever Fit

A 45 after class title indicates 45 minute format

BARRE, RPM, SPRINT, ULTRASPIN require a numbered pass for entry.

Pick one up at the front desk starting as early as 30 minutes before class.

Studio and Aquatic Classes open to all members age 12 and above.

All schedules are subject to change. Modified schedules may run on holidays and holiday weekends.

LES MILLS
BODYATTACK™ (55 min.) Sports inspired cardio workout that helps improve fitness, speed, strength, and agility.

LES MILLS
BODYCOMBAT (55 min.) A non-contact, martial arts based fitness class, choreographed to the latest music, providing an exhilarating experience and ultra-fast results.

LES MILLS
BODYFLOW (55 min.) An exercise-to-music yoga, tai chi and pilates workout. You'll feel long, strong, centered and calm.

LES MILLS
BODYPUMP (55 min.) A strength training class using barbells that focuses on endurance as well as strength. Light to moderate weight with high repetitions all choreographed to highly motivating music.

LES MILLS
BODYSTEP (55 min.) A step class that is simple, basic yet athletic. Challenging high intensity intervals will shape and tone your lower body.

LES MILLS
BODYVIVE 3.1 (55 min.) Cardio and strength cross training workout mixing lunges, squats, light running and tubing exercises, with great music to leave you feeling satisfied, motivated and energetic. BodyVIVE 3.1 is a 45 minute format of the same great class.

LES MILLS
CXWORX (30 min.) A core training workout based on cutting edge scientific research. Dynamic training will hone in on your abs, glutes, back and obliques.

FF GENTLE YOGA – (60 min.) This yoga class teaches the basics to help you understand the connection and healthy functioning of body and mind. Modifications are given. Chairs used to allow participants to safely explore various yoga postures.

FF STRENGTH & BALANCE – (50 min.) Strength and conditioning class using dumbbells, balls, tubing. Chairs used for some exercises. Easy pace.

FF TRIPLE PLAY – (50 min.) Low impact cardio, strength training, and a long stretch. Perfect for beginners, deconditioned, and seniors.

FITNESS STRETCH – (30 min.) Series of relaxing stretches with focus on hips, glutes, hamstrings. Long holds and breath work.

GENTLE YOGA – (60 min.) Flow through physical postures and poses designed to purify the body and provide strength. Includes breath work and modifications.

GRIT STRENGTH-High intensity interval training using barbells, weight plates, and body weight to improve strength and build lean muscle.

GRIT CARDIO-High intensity interval training using body weight exercises to improve cardiovascular fitness, increase speed, maximize calorie burn.

GRIT PLYO-High intensity interval training plyometric workout using the bench for jumping exercises and agility training.

JUST DANCE – (55 min.) A fun, social cardio dance class that incorporates Latin dance styles, Hip Hop, Disco, Zumba, BodyJAM, Sh'Bam, and more. Great way to burn calories. All levels.

KRIPALU YOGA – (60 min.) Basic to moderate yoga postures with emphasis on alignment and breath work fundamentals.

PILATES – (60 min.) Pilates exercises are designed to strengthen the core by developing stability and abdominal control. Develop strength, flexibility, endurance and posture without stressing joints.

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.

TOTAL BARRE – (55 min.) Barre integrates elements of Pilates, dance, cardio, and strength training with emphasis on correct biomechanics of movement. Suitable for all.

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

VINYASA YOGA – (60 /70 min.) Challenge your body, open your heart and calm your mind in this yoga class that links movement with your breath. All levels.

YOGA LBFR: Lower Body Flexibility & Relief – (60 min.) Yoga LBFR uses breath work, long hold, and forward bends to encourage the body's relaxation response. Calming sequences to dissolve anxiety, improve sleep, and activate benefits restorative yoga provides. Relieve tightness, stiffness, and improve range of motion

YOGA LBSF: Lower Body Strength & Flexibility– (60 min.) Yoga for active people to help increase range of motion and flexibility in the lower back and legs which can lead to the relief of lower back pain. Improve leg strength and balance.

YOGA YIN: A slow paced restorative yoga with postures that are held for longer periods of time. Applying moderate stress to the connective tissues, fascia, and ligaments to increase circulation in the joints improving flexibility. Blocks, bolsters or pillows used.

ALL TERRAIN CYCLING: incorporating endurance, strength, Tabata and HIIT training, with a mix of flat roads, jumps, climbs and sprints. Appropriated for intermediate & experienced cycling participants

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)-
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.

Aqua Flex (50 min) A deep water fitness friendly class in a non-competitive environment 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.

Group Fitness

Studio & Aqua



Nov 6 -2017

Roque, Group Fitness Coordinator
603.673.7123, x244 | rdsilva@hampshirehills.com
603-673-7123 | 50 Emerson Rd, Milford, NH | hampshirehills.com