

STUDIO CLASSES

Monday

5:30 am
GRIT Series
Studio #1

8:30 am
GRIT Strength
Studio #1

9:00 am
Body Combat
Studio #1

9:00 am
Vinyasa Yoga
Studio #2

9:00 am
Total BARRE
Studio #3

9:10 am
UltraSpin
Cycle Studio

10:00 am
BodyVive
Studio #1

10:00 am
BodyFlow
Studio #2

ZUMBA GOLD
11:00
May 1-22 June 5-26

12:00 pm
BodyPump
Studio #1

4:30 pm
BodyPump
Studio #1

5:00 pm
Pilates
Studio #2

5:30 pm
BodyStep
Studio #1

6:00 pm
Vinyasa Yoga
70 min Studio #2

6:00 pm
RPM
Cycle Studio

6:30 pm
BodyAttack
Studio #1

Tuesday

5:30 am
UltraSpin
Cycle Studio

8:30 am
CXWorx
Studio #1

9:00 am
Body Pump
Studio #1

9:00 am
Vinyasa Yoga
Studio #2

9:10 am
SPRINT
Cycle Studio

10:00 am
BodyStep
Studio #1

10:00 am
Pilates
Studio #2

11:00 am
FF Strength & Balance
Studio #2

12:00 pm
Fitness Stretch
Studio #2

12:00 pm
UltraSpin
Cycle Studio

4:30 pm
BodyVive
Studio #1

5:30 pm
Gentle Yoga
70 min Studio #2

5:30 pm
BodyCombat
Studio #1

6:00 pm
UltraSpin
Cycle Studio

6:30 pm
GRIT Strength
Studio #1

Wednesday

5:30 am
BodyPump
Studio #1

8:30 am
GRIT Strength
Studio #1

8:30 am
Total BARRE
Studio #3

9:00 am
Just Dance
Studio #1

9:00 am
Vinyasa Yoga
Studio #2

9:10 am
UltraSpin
Cycle Studio

9:30 am
Total BARRE
Studio #3

10:00 am
BodyVive
Studio #1

12:00 pm
Yoga LBFR
Studio #2

4:30 pm
GRIT Series
Studio #1

5:30 pm
Kripalu Yoga
70 min Studio #2

5:30 pm
BodyPump
Studio #1

6:00 pm
SPRINT
Cycle Studio

6:30 pm
Steady State Training
45 min Studio #1

Thursday

5:30 am
RPM
Cycle Studio

8:30 am
CXWorx
Studio #1

9:00 am
Body Step
Studio #1

9:00 am
Vinyasa Yoga
Studio #2

10:00 am
BodyPump
Studio #1

10:00 am
Pilates
Studio #2

11:00 am
FF Strength & Balance
Studio #2

12:00 pm
FF Gentle Yoga
Studio #2

12:00 pm
UltraSpin
Cycle Studio

4:30 pm
BodySTEP
Studio #1

5:30 pm
Vinyasa Yoga
70 min Studio #2

5:30 pm
Total Barre
Studio #3

5:30 pm
Body Pump
Studio #1

6:00 pm
UltraSpin
Cycle Studio

6:30 pm
GRIT Strength
Studio #1

Friday

5:30 am
GRIT Series
Studio #1

8:30 am
GRIT Strength
Studio #1

8:30 am
BARRE
Studio #3

9:00 am
Body Vibe
Studio #1

9:00 am
Body Flow
Studio #2

9:10 am
RPM
Cycle Studio

10:00 am
Just Dance
Studio #1

10:00 am
Vinyasa Yoga
Studio #2

11:00 am
FF Triple Play
Studio #1

12:00 pm
BodyPump
Studio #1

5:00 pm
CXWorx
Studio #1

5:00 pm
Gentle Yoga
Studio #2

5:30 pm
BodyCombat
Studio #1

6:00 pm
Yoga LBSF
70 min Studio #2

Saturday

8:00 am
GRIT Str
Studio #1

8:00 am
UltraSPIN
Cycle Studio

8:30 am
BodyFlow
Studio #2

8:30 am
BodyAttack 45
Studio #1

9:00 am
SPRINT
Cycle Studio

9:15 am
BodyStep 45
Studio #1

9:30 am
Kripalu Yoga
70 min Studio #2

10:00 am
BodyPump
Studio #1

Sunday

8:00 am
BodyPump
Studio #1

8:00 am
RPM
Cycle Studio

9:00 am
Vinyasa Yoga
70 min Studio #2

9:00 am
Body Combat
Studio #1

4:30 pm
GRIT Series 45
Studio #1

5:30 pm
Yoga
Studio #2

AQUATIC CLASSES

Arthritis Aquatics is open to nonmembers. Ask about pricing.

Monday

8:00 am
Arthritis Aquatics

9:00 am
Strength & Tone

9:00 am
CST

12:00 pm
Strength & Tone

6:00 pm
Water In Motion

7:00 pm
Strength & Tone

Tuesday

7:45 am
Ai Chi

9:00 am
Aqua ACT

Wednesday

8:00 am
Arthritis Aquatics

9:00 am
Strength & Tone

12:00 pm
Aqua FLEX

6:00 pm
Strength & Tone

Thursday

7:45 am
Ai Chi

9:00 am
Aqua ACT

Saturday
8:00 am
Water In Motion

Friday

8:00 am
Arthritis Aquatics

9:00 am
Aqua ACT

9:00 am
CST

12:00 pm
Strength & Tone

Sunday
7:45 am
Ai Chi

9:00 am
Aqua ACT

*9:00 am classes will take place at the outdoor pool for the summer, weather permitting.

A 45 after class title indicates 45 minute format
FF-Forever Fit

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.

Land and Water 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 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.

LES MILLS GRIT SERIES (30/40 min.)
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.

STEADY STATE TRAINING – (45 min.) A great cardio (step and kickboxing) followed by strength components. Improve aerobic and muscle endurance. Improve body's ability to Burn Fat during exercise.

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 LBFER: Lower Body Flexibility & Relief – (60 min.) Yoga LBFER 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.

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.

A-HIIT (45 min) High Intensity 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 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



JUNE 26 -2017

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