

# STUDIO CLASSES

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

# AQUATIC CLASSES

Arthritis Aquatics is open to nonmembers. Ask about pricing.

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

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 TONE** (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



2018

Roque, Group Fitness Coordinator

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