

# STUDIO CLASSES

# Hampshire Hills Athletic Club

## Monday

- 5:30 am **GRIT Strength** Studio #1
- 6:10 am **GRIT Strength** Studio #1
- 8:30 am **Fitness STRETCH 30 min** Studio #2
- 9:00 am **Body Attack** 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 **Les Mills TONE** Studio #1
- 10:00 am **BodyFlow** Studio #2
- 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
- 6:10 pm **RPM** Cycle Studio
- 6:30 pm **BodyAttack** 45 min 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
- 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 **RPM** Cycle Studio
- 4:30 pm **Les Mills TONE** Studio #1
- 5:30 pm **Gentle Yoga** 70 min Studio #2
- 5:30 pm **BodyCombat** Studio #1
- 6:10 pm **UltraSpin** Cycle Studio
- 6:30 pm **GRIT Strength** Studio #1

## Wednesday

- 5:30 am **BodyPump** Studio #1
- 8:30 am **Body PUMP Exp** 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 **Les Mills TONE** Studio #1
- 11:00 am **FF Triple Play** Studio #1
- 12:00 pm **Restorative Yoga** Studio #2
- 4:30 pm **GRIT Strength** Studio #1
- 5:00 pm **BodyCombat Exp** Studio #1
- 5:30 pm **Kripalu Yoga** 70 min Studio #2
- 5:30 pm **BodyPump** Studio #1
- 6:10 pm **RPM** Cycle Studio
- 6:30 pm **Les Mills TONE** 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 **BodyPump Exp** Studio #1
- 5:00 pm **BodyAttack Exp** Studio #1
- 5:30 pm **Yoga Yin** Studio #2
- 5:30 pm **Total Barre** Studio #3
- 5:30 pm **Just Dance Exp** Studio #1
- 6:00 pm **GRIT Strength** Studio #1
- 6:10 pm **UltraSpin** Cycle Studio

## Friday

- 5:30 am **GRIT Strength** Studio #1
- 6:10 am **UltraSpin** Cycle Studio
- 8:30 am **GRIT Strength** Studio #1
- 8:30 am **BARRE** Studio #3
- 9:00 am **Les Mills TONE** 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
- 12:00 pm **BodyPump** Studio #1
- 5:00 pm **BodyPump Exp** Studio #1
- 5:00 pm **Gentle Yoga** Studio #2
- 5:30 pm **BodyCombat** Studio #1
- 6:00 pm **Restorative Yoga** 70 min Studio #2

# AQUATIC CLASSES

Arthritis Aquatics is open to nonmembers. Ask about pricing.

## Monday

- 8:00 am **Arthritis Aquatics**
- 9:00 am **Cardio ACT**
- 9:00 am **CST**
- 12:00 pm **Strength & Tone**
- 6:00 pm **Water In Motion**
- 7:00 pm **Strength & Tone**

## Tuesday

- 8:00 am **Ai Chi**
- 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 **Water In Motion Exp**
- 6:30 pm **Strength & Tone**

## Thursday

- 8:00 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 **Aqua FLEX**
- Sunday**
- 8:00 am **Ai Chi**
- 9:00 am **Aqua ACT**

## Saturday

- 8:00 am **BodyFLOW** Studio #2
- 8:00 am **SPRINT** Cycle Studio
- 8:00 am **GRIT Strength** Studio #1
- 8:30 am **UltraSPIN** Cycle Studio
- 8:30 am **BodyAttack 45** Studio #1
- 9:00 am **Kripalu Yoga** 70 min Studio #2
- 9:15 am **BodyStep 45** Studio #1
- 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 **BodyCombat** Studio #1

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.

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**  
**BODYPLOW** (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.

**tone** (50 min.) Challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Also a great functional class. LES MILLS TONE® has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful. Cardio, strength and core.

**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 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.

## 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. Cardio ACT-35 min shallow, 20 min deep.

**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

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