

# STUDIO CLASSES

# Hampshire Hills Athletic Club

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>GRIT Strength</b> Studio #1				6:10 am <b>GRIT Strength</b> Studio #1
8:30 am <b>Fitness STRETCH 30 min</b> Studio #2	8:30 am <b>CXWorx</b> Studio #1	8:30 am <b>Total BARRE</b> Studio #3	8:30 am <b>CXWorx</b> Studio #1	6:00 am <b>Sunrise Yinasa Yoga</b> Studio #2
9:00 am <b>Body Attack</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	8:30 am <b>GRIT Strength</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>Kripalu Yoga</b> Studio #2	9:00 am <b>Vinyasa Yoga</b> Studio #2	8:30 am <b>Total BARRE</b> Studio #3
9:00 am <b>Total BARRE</b> Studio #3		9:10 am <b>UltraSpin</b> Cycle Studio		9:00 am <b>Les Mills TONE</b> Studio #1
9:10 am <b>UltraSpin</b> Cycle Studio		9:30 am <b>Total BARRE</b> Studio #3	10:00 am <b>BodyPump</b> Studio #1	9:00 am <b>Body Flow</b> Studio #2
10:00 am <b>Les Mills TONE</b> Studio #1	10:00 am <b>BodyStep</b> Studio #1	10:00 am <b>Les Mills TONE</b> Studio #1	10:00 am <b>Pilates</b> Studio #2	9:10 am <b>RPM</b> Cycle Studio
10:00 am <b>BodyFlow</b> Studio #2	10:00 am <b>Pilates</b> Studio #2	11:00 am <b>FF Triple Play</b> Studio #1	11:00 am <b>FF Strength &amp; Balance</b> Studio #2	10:00 am <b>Just Dance</b> Studio #1
	11:00 am <b>FF Strength &amp; Balance</b> Studio #2	12:00 pm <b>Restorative Yoga</b> Studio #2	12:00 pm <b>FF Gentle Yoga</b> Studio #2	10:00 am <b>Vinyasa Yoga</b> Studio #2
12:00 pm <b>BodyPump</b> Studio #1	12:00 pm <b>Fitness Stretch</b> Studio #2	4:30 pm <b>GRIT Strength</b> Studio #1	12:00 pm <b>UltraSpin</b> Cycle Studio	12:00 pm <b>BodyPump</b> Studio #1
	12:00 pm <b>RPM</b> Cycle Studio	5:00 pm <b>BodyAttack Exp</b> Studio #1		
4:30pm <b>BodyStep</b> Studio #1	4:30 pm <b>Les Mills TONE</b> Studio #1	5:30 pm <b>Vinyasa Yoga</b> Studio #2	4:30 pm <b>BodyPump Exp</b> Studio #1	5:00 pm <b>CXWorx</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>BodyPump</b> Studio #1	5:00 pm <b>CXWorx</b> Studio #1	5:00 pm <b>Gentle Yoga</b> Studio #2
5:30 pm <b>BodyPump</b> Studio #1	5:30 pm <b>BodyCombat</b> Studio #1	6:10 pm <b>RPM</b> Cycle Studio	5:30 pm <b>BodyCombat Exp</b> Studio #1	5:30 pm <b>BodyCombat</b> Studio #1
6:00 pm <b>Power Yoga</b> 70 min Studio #2	6:10 pm <b>UltraSpin</b> Cycle Studio	6:30 pm <b>Boot Camp 45 min</b> Studio #1	5:30 pm <b>Total BARRE</b> Studio #3	5:30 pm <b>Yoga Yin</b> Studio #2
6:10 pm <b>RPM</b> Cycle Studio	6:30 pm <b>HIIT</b> Studio #1		5:30 pm <b>Yoga Yin</b> Studio #2	6:00 pm <b>GRIT Strength</b> Studio #1
			6:00 pm <b>GRIT Strength</b> Studio #1	6:00 pm <b>Restorative Yoga</b> 70 min Studio #2
			6:10 pm <b>UltraSpin</b> Cycle Studio	

# 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>BodyFLOW</b> Studio #2	8:00 am <b>BodyPump</b> Studio #1
9:00 am <b>Cardio ACT</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>SPRINT</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>	8:00 am <b>GRIT Strength</b> Studio #1	9:00 am <b>Vinyasa Yoga</b> 70 min Studio #2
12:00 pm <b>Strength &amp; Tone</b>	5:30 pm <b>Aqua Zumba</b>	12:00 pm <b>Aqua FLEX</b>		12:00 pm <b>Aqua FLEX</b>	8:30 am <b>UltraSPIN</b> Cycle Studio	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>			8:30 am <b>BodyAttack 45</b> Studio #1	
7:00 pm <b>Strength &amp; Tone</b>		6:30 pm <b>Strength &amp; Tone</b>			9:00 am <b>Kripalu Yoga</b> 70 min Studio #2	
			<b>Saturday</b>	<b>Sunday</b>	9:15 am <b>BodyStep 45</b> Studio #1	
			8:00 am <b>Water In Motion</b>	8:00 am <b>Ai Chi</b>	10:00 am <b>BodyPump</b> Studio #1	
				9:00 am <b>Aqua ACT</b>		

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.

**BOOT CAMP** (45 min.) Weight training with cardio and alternate bursts of intense anaerobic exercise with recovery periods to keep the heart-rate elevated throughout the workout. Training will change every week to maximize results.

**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 BODYSSTEP** (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 foundational 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.

**HITT** (30 min) High Intensity Interval Training offered in various formats week to week: GRT, Tabata, and Boot Camp styles. Short periods of intense anaerobic activities followed by short periods of recovery. Come prepared to push yourself to the limit.

**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.

**POWER YOGA** A more challenging Vinyasa class designed to build overall strength and flexibility. Although this class dives deeper into the challenge of yoga, modifications are offered for all levels.

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

**RESTORATIVE YOGA** (60 min.) Designed to release tension and stress by slowly moving through yoga poses in long holdings supported by props to bring optimum relaxation. Great for all levels.

**SUNRISE VINYASA YOGA** (60 min) Rise with the sun to begin your day with movement and breath to bring your mind and body into balance. Challenges appropriate for all levels.

**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 YINI:** 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.

**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.

**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. Open to nonmembers for a fee-603.673.7123. Shallow and deep end.



**Hampshire Hills**  
ATHLETIC CLUB

**Group Fitness**  
Studios & Pools



**JUNE 17 - 2018**

Tynel Jarragin, Group Fitness Coordinator  
tjarragin@hampshirehills.com | 673.7123, X244

603-673-7123 | 50 Emerson Rd, Milford, NH | hampshirehills.com