

STUDIO CLASSES

Hampshire Hills Athletic Club

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

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

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



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