



# Hampshire Hills Group Fitness Classes

January 27, 2012

## STUDIOS

| WEEKDAY TIME | Monday                                     | Tuesday          | Wednesday                    | Thursday                | Friday           | WEEKEND TIME   | Saturday                | Sunday           |
|--------------|--|------------------|------------------------------|-------------------------|------------------|--|-------------------------|------------------|
| 5:45am       |  | SPINNING         |                              | SPINNING                |                  |   |                         |                  |
| 6:00am       | KETTLEBELL BOOT CAMP \$                    |                  | TOTAL BODY BLAST             |                         |                  |  |                         |                  |
| 6:30am       |  | HH SHRED EXPRESS |                              | HH SHRED EXPRESS        |                  | 8:00am   | SPINNING                | BODYPUMP         |
| 8:30am       | HH SHRED EXPRESS                           |                  | BODY WEIGHT COND             |                         | HH SHRED EXPRESS |  | KICKBOX BOOTCAMP        | SPINNING         |
| 9:00am       | BODYSTEP                                   | BOOT CAMP        | BODYCOMBAT                   | BODYSTEP                | BOOT CAMP        | 9:00am   | BODYSTEP                | BODYCOMBAT       |
|              | SPINNING                                   | YOGA STRENGTH    | SPINNING                     | YOGAFLOW                | ZUMBA            |  | SPINNING                | YOGA             |
|              | PILATES                                    |                  | YOGA                         |                         | SPIN PILATES     |  | BODYFLOW                |                  |
| 10:00am      | RETROROBICS                                | BODYPUMP         | CARDIO STEP & TONE           | BODYPUMP                | RETROROBICS      | 10:00am  | BODYPUMP                | ZUMBA            |
|              | BODYFLOW                                   | PILATES FUSION*  | KETTLEBELL BOOT CAMP \$      | PILATES PRIMER*         |                  |  | KETTLEBELL BOOT CAMP \$ |                  |
| 11:00am      | FOREVER FIT Specialty-See monthly schedule |                  | FOREVER FIT & STRONG 11:30AM |                         |                  | 4:00pm   |                         | TOTAL BODY BLAST |
| 12:00pm      | HH SHRED                                   | SPINNING         | HH SHRED                     | SPINNING                | BODYPUMP         | <p>ALL CLASSES ARE DROP IN</p> <p>ALL YOGA, BODYFLOW CLASSES, FRIDAY BOOT CAMP &amp; KETTLEBELL CLASSES HELD IN #2 EXCEPT WHERE NOTED</p> <p>* DENOTES STUDIO #3</p> <p>SPINNING STUDIO LOCATED BY RUNNING TRACK</p> <p>\$-FEE FOR KETTLEBELL BOOT CAMP</p> <p>SCHEDULE SUBJECT TO CHANGE</p>  <p>603.673.7123 HAMPSHIREHILLS.COM</p> |                         |                  |
| 4:30pm       | BODYSTEP                                   | BODYPUMP         | SPINNING                     | TOTAL BODY BLAST        | BODYCOMBAT       |  |                         |                  |
|              |  |                  |                              |                         | GENTLE YOGA      |  |                         |                  |
| 5:30pm       | BODYPUMP                                   | BODYCOMBAT       | BODYPUMP                     | ZUMBA TONE              | ZUMBA            |  |                         |                  |
|              |  | YOGA             |                              | KETTLEBELL BOOT CAMP \$ | YOGA STRENGTH    |  |                         |                  |
| 6:00pm       | SPINNING                                   | SPINNING         |                              | SPINNING                |                  |  |                         |                  |
|              | POWER YOGA                                 | PILATES FUSION*  |                              |                         |                  |  |                         |                  |
| 6:30pm       | HH SHRED EXPRESS                           | ZUMBA            | BODYSTEP                     | BODYPUMP                |                  |  |                         |                  |
|              |  |                  | BODYFLOW                     | YOGA                    |                  |  |                         |                  |