



Hampshire Hills Class Schedule

Lea Schneider,
Group Exercise Coordinator,
603.673.7123, x205

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Schedule subject to change without notice

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYSTEP 9:00 am Studio 1	BOOT CAMP 9:00 am Studio 1	BODYCOMBAT 9:00 am Studio 1	BODYSTEP 9:00 am Studio 1	ZUMBA 8:30 am Studio 1	BOOT CAMP 8:00 am Studio 1	BODYPUMP 8:00 am Studio 1
RETROROBICS 10:00 am Studio 1	BODYPUMP 10:00 am Studio 1	RETROROBICS 10:00 am Studio 1	BODYPUMP 10:00 am Studio 1	ON THE BALL 9:30 am Studio 1	BODYSTEP 9:00 am Studio 1	BODYSTEP 9:00 am Studio 1
BODYSTEP 4:30 pm Studio 1	BODYPUMP 4:30 pm Studio 1	BODYSTEP 6:00 pm Studio 1	ZUMBA 5:45 pm Studio 1	RETROROBICS 10:00 am Studio 1	BODYPUMP 10:00 am Studio 1	ZUMBA 10:00 am Studio 1
ABS ON THE BALL 6:30 pm Studio 1	BODYCOMBAT 6:00 pm Studio 1		BODYPUMP 7:00 pm Studio 1			
BODYPUMP 7:00 pm Studio 1						

PILATES & YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PILATES POWER I 9:00 am Studio 3	YOGAFLOW Intermediate 9:00 am Studio 2 75 minutes	YOGILATES 9:00 am Studio 2	YOGAFLOW 9:00 am Studio 3	YOGA 9:00 am Studio 2	BODYFLOW 9:15 am Studio 2	YOGA 9:15 am Studio 2 75 min
BODYFLOW 10:00 am Studio 2	YOGA 6:00 pm Studio 3	PILATES I 10:15 am Studio 3	SPIN PILATES* 9:15 am Spin Studio 70 minutes & Studio 3			
PILATES II 4:45 pm Studio 3		BODYFLOW 7:00 pm Studio 2	PILATES II 10:40 am Studio 3			
POWER YOGA 6:00 pm Studio 3 75 minutes			PILATES SCULPT 6:00 pm Studio 3			

SPINNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPINNING 9:15 am	SPINNING 6:00 am	SPINNING 9:15 am	SPINNING 6:00 am	SPINNING 9:15 am	SPINNING 8:00 am	SPINNING 8:00 am
SPINNING 6:00 pm	SPINNING 12:00 pm		SPIN PILATES* 9:15 am Spin Studio 70 minutes & Studio 3			
	SPINNING 6:00 pm		SPINNING 6:00 pm			

New SPINNING participants should arrive
10-15 minutes early for assistance with bike fit.

Come try a new class!

Arrive at class a few minutes early and talk to the instructor. They'll give you a brief run-down of what to expect and help get you on your way!

