



Hampshire Hills Class Schedule

February 12, 2010

Schedule subject to change without notice

Lea Schneider,
Group Exercise Coordinator,
Spinning, Yoga,
Pilates
603.673.7123, x205

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 9:00 am Studio 1	BOOT CAMP 9:00 am Studio 1	BODYCOMBAT 9:00 am Studio 1	BODYPUMP 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 75 minutes	BODYPUMP 10:00 am Studio 1	ON THE BALL 9:30 am Studio 1	BODYPUMP 9:00 am Studio 1	BODYPUMP 9:00 am Studio 1
BODYPUMP 4:30 pm Studio 1	BODYPUMP 4:30 pm Studio 1	BODYPUMP 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 12:00 pm Studio 1		BODYCOMBAT 4:00 pm Studio 1
BODYPUMP 7:00 pm Studio 1				BODYCOMBAT 6:00 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	GENTLE YOGA 4:30 pm Studio 3	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			BODYFLOW 4:30 pm Studio 2			
			YOGA 6:00 pm Studio 3			

 * Pre-register for SPIN PILATES at the Front Desk

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 6:00 am	SPINNING 8:00 am	SPINNING 8:00 am
SPINNING 6:00 pm	SPINNING 12:00 pm	SPINNING 4:30 pm	SPIN PILATES* 9:15 am Spin Studio 70 minutes & Studio 3	SPINNING 9:15 am	SPINNING 9:15 am	
	SPINNING 6:00 pm		SPINNING 12:00 pm	SPINNING 5:00 pm		
			SPINNING 6:00 pm			

Register for SPINNING
up to 4 days in advance at the Front Desk.
Classes will run participation dependent.

New SPINNING participants should arrive
10-15 minutes early for assistance with bike fit.
Please call at least one hour prior to class to cancel.
\$5 fee applied for no-shows.

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!

