


Hampshire Hills



AQUATIC Group Fitness

Class Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	TIME	Saturday	Sunday
8:00am	ARTHRITIS AQUATICS	AI CHI BREATHE & BALANCE	ARTHRITIS AQUATICS	AI CHI BREATHE & BALANCE	ARTHRITIS AQUATICS	8:00am	CARDIO AQUA	AI CHI BREATHE & BALANCE
9:00am	FITNESS SWIM	INTERVAL MANIA	FITNESS SWIM	CORE & MORE	FITNESS SWIM	9:00am		CARDIO SCULPT
9:30am	CARDIO SCULPT		POWER CARDIO		CARDIO AQUA	 <p>ALL CLASSES ARE 50 MINUTES *SHALLOW AQUA CARDIO HELD IN LAP POOL Karalyn Von Pichl, Director of Aquatics 603.673.7123, x204</p>		
11:00am		SHALLOW* AQUA CARDIO		SHALLOW* AQUA CARDIO				
12:00pm	POWER CARDIO		MOVE & MINGLE		MOVE & MINGLE			
5:30pm		CARDIO AQUA						
6:30pm	HARD CORE AQUA		CARDIO SCULPT	AQUA ZUMBA				

Ai Chi Breathe & Balance - Slow, repetitive movements working through a wide range of motion in shoulder deep water combined with deep breathing will give participants a feeling of control, balance and tranquility.

Aqua Zumba® - Splash, stretch, twist, in this "pool party" class which integrates the Zumba formula with traditional aqua fitness disciplines.

Arthritis Aquatics - Participants can improve joint flexibility, mobility, and strength using the water's buoyancy and resistance. Open to non-members. Fees apply.

Cardio Aqua - A medium intensity workout that includes cardio, toning, and a stretch incorporating a variety of equipment. Light and fun!

Core & More-A cardio workout that focuses on core stabilization. Body postures will create an opportunity for you to strengthen muscles you never knew you had. All levels welcome.

Fitness Swim - One hour, drop in fitness swim focuses on endurance training. Timed intervals, stroke technique drills. Coach led. All levels.

Interval Mania - Moderate intensity exercises combine with high intensity bursts of energy. It's cardio and strength.

Power Cardio- Power packed, high intensity, soaking wet workout. Get pumped!

Shallow Aqua- Cool water class in the Lap Pool. Cardio, toning, and stretching with full range of motion. All levels welcome.

hampshirehills.com
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