



FOREVER FIT®

Enhance your quality of life! Participation in a regular exercise program, such as Forever Fit's Strength For Seniors, helps maintain physical, mental and emotional vitality. Exercise makes it easier to do common daily tasks, a proven factor in maintaining independence and mobility.

Active adults will enjoy training in a variety of activities with our certified staff. We'll provide you with everything you need in our state of the art facility to stay healthy and strong. Cardio workouts, yoga, strength and balance training, are just some of the great activities you'll enjoy. Social events are held throughout the year. Hampshire Hills Forever Fit programs are a great way to get strong, stay healthy, and make new friends.

YOGA CHAIR

Designed specifically for the beginner older adult. Learn the basics to help you understand the connection and healthy functioning of body and mind. Chairs will be used to allow participants to safely explore various yoga postures.

Tues & Thurs **12-1pm**

Members: FREE

Nonmembers: Tues OR Thurs for 6 weeks \$48

Tues AND Thurs for 6 weeks \$96

STRENGTH & BALANCE

Building and maintaining strength, and challenging your ability to balance are key components for a better quality of life. Class meets twice a week.

Minimum guidelines for strength training.

Some training done seated in chairs.

Tues & Thurs **11am-12pm**

Members: FREE

Nonmembers: 6 weeks for \$96

DOME WALK SEASONAL

Fitness walking at the spacious Hampshire Dome on the state of the art track no matter what the weather may be! Go to hampshiredome.com for Dome hours.

Members: FREE

Nonmembers in Forever Fit programs: 20 admissions for \$30

Other nonmembers: 20 admissions for \$60

ARTHRITIS FOUNDATION AQUATIC EXERCISE

A series of specially designed exercises conducted in our heated pool. Participants are led by specially trained instructors in movements to improve joint flexibility and overall mobility.

Members: FREE

Nonmembers: 14 classes for \$70

Contact Karalyn Von Pichl for more information, x204.

STRENGTH FOR SENIORS

Learn the key components of safe and effective strength training. Participants will train with our certified trainers in the Fitness Center and studio. Morning and afternoon sessions available.

Registration and prescreen required.

Members: 6 weeks for \$72

Nonmembers: 6 weeks for \$150

PICKLEBALL

The fun racquet sport with the funny name. Pickleball is a combination of tennis, ping pong, and badminton. It's fast paced, easy to learn, and great exercise. Drop in, round robin format.

Tues **9am-11:30am**

Hampshire Hills members only. FREE.

GROUP EXERCISE

Zumba Gold, Country Line Dancing on Mondays, and Forever Fit & Strong on Wednesdays are all part of our exciting Group Exercise class schedule.

Mon **11am-12pm**

Weds **11:30am-12:30pm**

Hampshire Hills members only. FREE.

WALLYBALL - CO-ED AND LADIES ONLY

Join in on this fun, energetic sport. Similar to volleyball, wallyball is played on a racquetball court with a soft rubber ball.

Co-Ed: Mon, Weds & Fri **10:30am-12pm**

Hampshire Hills members and registered

Forever Fit Group Exercise participants only. FREE.

Ladies Only: Thurs 10:30am-12pm

Hampshire Hills members only. FREE.

Tai Chi Inspired

A mind body class inspired by classic Qi Gong and Tai Chi. Breath, balance, stretch, and restore.

Fridays, 10am.

Hampshire Hills members only. FREE.


For information and registration for any **FOREVER FIT** programs contact **Wendy Mace, 603.673.7123, x226**

Hampshire Hills Sports & Fitness Club 50 Emerson Rd., Milford, NH hampshirehills.com

FOREVER FIT / SENIOR PROGRAMS - STUDIOS & POOL

FEBRUARY 2012

Monday classes in Studio 1. All other classes in Studio 2.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Forever Fit & Strong 11:30-Cyndi MOVE & MINGLE Aqua Class-12:00	2 Strength & Balance 11:00-Wendy Yoga Chair 12:00-Sue	3 Tai Chi Inspired 10:00-Wendy MOVE & MINGLE Aqua Class-12:00
6 Zumba Gold 11:00-Jessica POWER Aqua Class-12:00	7 Strength & Balance 11:00-Nancy Yoga Chair 12:00-Nancy	8 Forever Fit & Strong 11:30-Anne MOVE & MINGLE Aqua Class-12:00	9 Strength & Balance 11:00-Sue Yoga Chair 12:00-Sue	10 No Tai Chi MOVE & MINGLE Aqua Class-12:00
13 Zumba Gold 11:00-Jessica POWER Aqua Class-12:00	14  Strength & Balance 11:00-Nancy Yoga Chair 12:00-Nancy	15 Forever Fit & Strong 11:30-Cyndi MOVE & MINGLE Aqua Class-12:00	16 Strength & Balance 11:00-Wendy Yoga Chair 12:00-Sue	17 Tai Chi Inspired 10:00-Wendy MOVE & MINGLE Aqua Class-12:00
20 Zumba Gold 11:00-Jessica POWER Aqua Class-12:00	21 Strength & Balance 11:00-Nancy Yoga Chair 12:00-Nancy	22 Forever Fit & Strong 11:30-Anne MOVE & MINGLE Aqua Class-12:00	23 Strength & Balance 11:00-Wendy Yoga Chair 12:00-Nancy	24 Tai Chi Inspired 10:00-Wendy MOVE & MINGLE Aqua Class-12:00
27 Country Line Dancing 11:00-Wendy POWER Aqua Class-12:00	28 Strength & Balance 11:00-Anne No Yoga Chair	29 Forever Fit & Strong 11:30-Anne MOVE & MINGLE Aqua Class-12:00	Mar 1 Strength & Balance 11:00-Wendy Yoga Chair 12:00-Sue	Mar 2 Tai Chi Inspired 10:00-Wendy MOVE & MINGLE Aqua Class-12:00

GROUP SPORTS

Wallyball-Coed
Mon, Weds, & Fri
Drop in anytime!
RB Court #4
10:30-12:00

Pickleball
Tues
Drop in anytime!
In the gym
9:00-11:30

Wallyball-Ladies
Thurs
RB Court #4
10:30-12:00

Racquetball-Ladies
Tues
RB Court #4
10:30-12:00

MORE PROGRAMS

Strength For Seniors
Small Group Strength Training
6 week sessions meet twice a week
On-going. Additional fee.

Arthritis Aquatics
Mon, Weds, Fri
Pool
8-9am

Tai Chi Inspired

Fridays
10am

No Class Feb 10



Wendy Mace
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