

July 2010



FOREVER FIT®

at Hampshire Hills



Active adults ages 50 and over 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 training and Tai Chi are just some of the activities you'll enjoy.

Chances are you'll **make new friends** while you're at it!

Forever Fit

Group Exercise

A fun group format classes that include low impact aerobics, chair-based strength training, Pilates, stability ball, step aerobics, aqua fitness and training in the Fitness Center.

Mon, Weds & Fri 12 -1pm

Members: **FREE**

Nonmembers: 2 months for \$120

Forever Fit

Yoga Mat

This modified mat class is designed for those who have had success in the Yoga Chair class and are ready to advance to the next level of challenge.

Tuesdays 11am-12pm

Members: **FREE**

Nonmembers: 6 weeks for \$40

Forever Fit

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.

Thursdays 12-1pm

Members: **FREE**

Nonmembers: 6 weeks for \$40

Forever Fit

Dome Walk

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 10 admissions for \$20

Forever Fit programs: 20 admissions for \$30

Forever Fit

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.

Member and nonmember fees.

Forever Fit

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. Chairs and props used.

Tues & Fri 12-1pm

Members: **FREE**

Nonmembers: 1 month for \$50

Forever Fit

Wallyball

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

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

Hampshire Hills members and registered

Forever Fit participants only. **FREE.**

For information and registration for any of our

FOREVER FIT programs contact

Beth Black, 603.673.7123, x660

Hampshire Hills Sports & Fitness Club

50 Emerson Rd., Milford, NH

hampshirehills.com