

				Water In Motion		Aqua Zumba	6:00-6:45
		Aqua Zumba		Forever Fit Aqua Foundations	Elevate Aqua	Elevate Aqua	11:00-12:00
		Aqua ACT	Elevate Aqua	Strength & Tone	Elevate Aqua	Cardio ACT	9:30-10:30
AI Chi!	Water In Motion	Arthritis Aquatics	AI Chi!	Arthritis Aquatics	AI Chi!	Arthritis Aquatics	8:00-9:00
SUN	SAT	FRI	THU	WED	TUE	MON	

**AQUA FITNESS CLASSES**

				RPM	UltraSPIN	6:00	
				RPM	RPM	9:00	
				RPM	SPRINT	5:30	
			FRI	THU	WED	TUE	MON

	Sprint	8:00
SUN	SAT	

**CYCLING STUDIO**



**Group Fitness Classes Studios & Pool**

hampshirehills.com | 50 Emerson Rd, Milford, NH 03055 | Updated: 10/30/2023

## STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	Strength Develop. Paid Program	Body Pump		Body Pump	Grit Strength B-Ball Gym
5:15	Grit Strength B-Ball Gym				Strength Develop. Paid Program
7:00			Body Pump 45		
8:00		Body Step 45	Total Barre		Barre Sculpt
9:00	Total Barre	Body Pump	Everybody Dance	Body Step	Body Pump
10:00	Body Step 30	Body Combat	Les Mills Core	Body Pump 30	Body Combat
11:00	Cardio Tone	Forever Fit Strength & Balance	Zumba Gold	Forever Fit Strength & Balance	Zumba Gold
12:00	Body Pump				Body Pump
4:30	Body Step	Body Pump	Body Attack 45	Everybody Dance	Strength Develop. Paid Program
5:30	Body Pump 45	Body Combat 45	Body Pump	Les Mills Core	
6:30	Total Barre	Grit Strength	Zumba	Grit Strength	
7:00		Strength Develop. Paid Program		Strength Develop. Paid Program	

	SAT	SUN
8:00	Body Attack	Body Pump
9:00	Body Step 45	Body Combat
10:00	Body Pump	

### Reserve Your Spot For Class

### 26 Hours In Advance

With The Hampshire Hills App, On Our Website  
or Call 673.7123

*If You Are Unable To Attend A Class You Registered For  
Please Call To Cancel or Cancel on The App  
Fees Charged For No-Show*

Spaces Are Limited  
Schedule Subject To Change



## STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
9:00	Power Yoga	Vinyasa Yoga	Pilates Sculpt		Pilates
9:15				Vinyasa Yoga	
10:00			Body Balance		Vinyasa Yoga
10:15	Pilates Sculpt	Slow Flow		Slow Flow	
11:45	Restor. Yoga		Vinyasa Yoga		Slow Flow
12:00		Forever Fit Chair Yoga		Forever Fit Chair Yoga	
4:30	Pilates Sculpt	Slow Flow	Yogalates	Vinyasa Yoga	Slow Flow
6:00	Power Yoga	Body Balance	Gentle Yoga	Body Balance	Body Awake Yoga

	SAT	SUN
8:00	Body Balance	
9:00		Vinyasa Yoga
9:15	Vinyasa Yoga	