

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

AQUA FITNESS

6:00	UltraSPIN			
12:00				
9:00	RPM	RPM		
5:30	RPM	RPM		
	MON	TUE	WED	THU
	FRI			

CYCLING STUDIO

8:00	Sprint
	SUN



Group Fitness Classes
Studios & Pool 9/9/24

STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	Grit Cardio B-Ball Gym	Body Pump 45	Grit Strength	Body Pump 45	
5:15	Pre-Paid Strength Dev				Pre-Paid Strength Dev
6:10			Body Pump 45		
8:00		Body Step 45	Total Barre		Barre Intensity
8:20	Body Pump 30				
9:00	Total Barre	Body Pump	Everybody Dance	Body Step 45	Body Pump
10:00		Body Combat 45	Les Mills Core	Body Pump 30	Body Combat 45
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 45	Body Pump	Body Attack 45	Body Step 45	
5:30	Body Pump 45	Body Combat 45	Body Pump	Pre-Paid Strength Dev	
6:30	Pre-Paid Strength Dev	Les Mills Core	Zumba	Grit Strength	

STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
8:00	Fitness Stretch			Fitness Stretch	
8:50	Power Yoga				
9:00		Free Flow	Pilates Sculpt	Vinyasa Yoga	Pilates
10:00	Barre Yoga Fusion		Body Balance		Vinyasa Yoga
10:15		Slow Flow		Slow Flow	
11:45	Yin Yoga		Vinyasa Yoga		Slow Flow
12:00		Forever Fit Chair Yoga		Forever Fit Chair Yoga	
4:30	Pilates Sculpt	Yin Yoga	Barre Pilates Fusion	Vinyasa Yoga	Restorative Yoga
6:00	Power Yoga	Body Balance	Gentle Yoga	Restorative Yoga	Body Awake

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

STUDIO 3 | Specialty

	MON	TUE	WED	THU	FRI
9:00			Guided Meditation		
10:00		Buti Yoga			
6:00				Guided Meditation	

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