

				Water In Motion	Elevate Aqua	Zumba Aqua	6:00-6:45
		Aqua Zumba	Aqua Interval Training	Forever Fit Aqua Foundations	Aqua Interval Training	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	Arthritis Ai Chi	Arthritis Ai Chi	Arthritis Aquatics	8:00-9:00
SUN	SAT	FRI	THU	WED	TUE	MON	

AQUA FITNESS

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

	Sprint	8:00
SUN	SAT	

CYCLING STUDIO



Group Fitness Classes

Studios & Pool

08/15/24



STUDIO 1 | Cardio-Strength

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

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

STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
8:00	Fitness Stretch			Fitness Stretch	
9:00	Power Yoga	Free Flow	Pilates Sculpt	Vinyasa Yoga	Pilates
9:15					
10:00			Body Balance		Vinyasa Yoga
10:15	Pilates Sculpt	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		Vinyasa Yoga	Slow Flow
6:00	Power Yoga	Body Balance	Gentle Yoga	Vinyasa Yoga	Restorative Yoga

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

STUDIO 3 | Speciality

	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