

Group Fitness Classes Studios & Pool 10/1/25



CYCLING STUDIO

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

	SAT	SUN
8:00	SPRINT	
9:00		RPM

AQUA FITNESS

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

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

Possible Fees Charged For No-Show

Spaces Are Limited | Schedule Subject To Change

STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	Grit Cardio	Body Pump 45	Ceremony	Body Pump 45	Grit Strength
7:00	Body Pump 45		Body Pump 45		
8:00	Body Combat 45	Body Step 45	Total Barre		Barre Intensity
8:20				Les Mills Core	
9:00	Total Barre	Body Pump	Shine Dance Fitness	Body Step 45	Body Pump
10:00		Les Mills Core		Body Pump 45	Zumba Toning
11:00	Forever Fit 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	Ceremony	Body Pump 45	
5:30	Body Pump 45	Body Combat 45	Body Pump	Body Combat 45	
6:30	Dance It Off	Les Mills Core	Zumba	Grit Strength	

	SAT	SUN
8:00	Ceremony	Body Pump
9:00	Body Step 45	Body Combat 45
10:00	Body Pump	Les Mills Core 45

Pilates Reformer Sessions

Mon - 5:30pm
 Tue - 6:00am & 5:00pm
 Wed - 5:30pm
 Thu - 6:00am & 9:00am
 Sat - 9:15am
 \$20/member | \$25/nonmember

STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
7:00		Sunrise Vinyasa		Sunrise Vinyasa	
8:10		Pilates		Pilates	
9:00	Hatha Yoga	Graceful Vinyasa Flow	Body Balance	Vinyasa Yoga	Pilates
10:10	Vinyasa Yoga	Buti Yoga	Pilates Sculpt	Hip & Pelvic Release	Vinyasa Yoga
11:20				Manifestation Meditation	
11:30	Yin Yoga		Yin Yoga		Intuitive Flow & Sound
12:00		Forever Fit Chair Yoga		Forever Fit Chair Yoga	
4:30	Pilates Sculpt	Power Yoga	Barre Pilates Fusion	Flow To Yin Yoga	Vinyasa Yoga
6:00	Body Awake Yoga	Body Balance	Gentle Yoga	Gentle Yoga	Restorative Yoga

	SAT	SUN
8:00	Body Balance	
9:00		Vinyasa Yoga
9:10	Vinyasa Yoga	