

STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	Grit Cardio	Body Pump 45		Body Pump 45	Grit Strength
5:15					
6:10			Body Pump 45		
8:00		Body Step 45	Total Barre		Barre Intensity
8:20	Body Pump 30			Les Mills Core	
9:00	Total Barre	Body Pump	Zumba	Body Step 45	Body Pump
10:00	Body Combat	Les Mills Core	Body Combat	Body Pump 45	
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	Body Step 45	Body Pump 45	
5:30	Body Pump 45	Body Combat 45	Body Pump		
6:30		Les Mills Core	Zumba	Grit Strength	

STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
7:00		Sunrise Vinyasa		Sunrise Vinyasa	
8:00	Fitness Stretch		Fitness Stretch		Fitness Stretch
9:00	Power 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		Body Awake Yoga		Slow Flow
12:00		Forever Fit Chair Yoga		Forever Fit Chair Yoga	
4:30	Pilates Sculpt	Vinyasa Yoga	Barre Pilates Fusion	Guided Meditation	Hatha Yoga
6:00	Power Yoga	Body Balance	Gentle Yoga	Body Awake Yoga	Restorative Yoga

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

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