

										6:00-6:45
										11:00-12:00
										9:30-10:30
										8:00-9:00
SUN	SAT	FRI	THU	WED	TUE	MON				

### AQUA FITNESS

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

### CYCLING STUDIO

8:00	Sprint	
	SAT	SUN



# Group Fitness Classes

Studios & Pool

04/01/24



## STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	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 45	Body Attack 45	Body Step 30	
5:00				Les Mills Core	
5:30				Everybody Dance	
5:30	Body Pump 45	Body Combat 45	Body Pump		
6:30	Total Barre	Grit Strength	Zumba	Grit Strength	

## STUDIO 2 | Yoga-Pilates-Stretch

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