

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

**AQUA FITNESS**

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

		9:00
	SPRINT	8:00
SUN	SAT	

**CYCLING STUDIO**



# Group Fitness Classes

Studios & Pool 5/1/25

## STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	Strength Dev Pre-Paid	Body Pump 45	Grit Strength	Body Pump 45	Strength Dev Pre-Paid
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	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	Body Step 45	Body Pump 45	
5:30	Body Pump 45	Body Combat 45	Body Pump	Body Combat 45	
6:30		Les Mills Core	Zumba	Grit Strength	

## STUDIO 3 | Transform Pilates Is A Paid Program

	MON	TUE	WED	THU	FRI	SAT
9:00				Transform Pilates		
9:15						Transform Pilates
5:30	Transform Pilates		Transform Pilates			

## STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
7:00		Sunrise Vinyasa		Sunrise Vinyasa	
8:10		Pilates		Pilates	
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	Power 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	
10:45am	Somatic Breathwork	

**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