

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

AQUA FITNESS CLASSES

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

	Sprint	8:00
SUN	SAT	

CYCLING STUDIO



Group Fitness Classes Studios & Pool

hampshirehills.com | 50 Emerson Rd, Milford, NH 03055 | Updated: 06/04/2023

STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15		Body Pump		Body Pump	
5:30	Grit Cardio				Grit Strength
7:00			Body Pump 45		
8:00	Total Barre	Body Step 45	Total Barre		Barre Sculpt
9:00	Body Combat	Body Pump	Everybody Dance	Body Step	Body Pump
10:00	Les Mills Core	Body Combat	Les Mills Core	Body Pump	Body Combat
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	Body Pump	Body Attack 45	Everybody Dance	
5:30	Body Pump 45	Body Combat 45	Body Pump	Les Mills Core	
6:30	Total Barre	Grit Strength	Zumba	Grit Strength	

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

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

STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
7:30					
8:10		Fitness Stretch		Fitness Stretch	
9:00	Power Yoga	Vinyasa Yoga	Pilates Sculpt		Pilates
9:15				Vinyasa Yoga	
10:00			Body Balance		Vinyasa Yoga
10:15	Pilates Sculpt	Slow Flow		Slow Flow	
12:00	Restor. Yoga	Forever Fit Chair Yoga		Forever Fit Chair Yoga	Slow Flow
4:30	Pilates Sculpt	Slow Flow	Yogalates	Pilates Sculpt	Power Yoga
6:00	Power Yoga	Body Balance	Gentle Yoga	Body Balance	Body Awake Yoga

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

