



# Hampshire Hills Class Schedule

January 4, 2010

Schedule subject to change without notice

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## GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYSTEP</b> 9:00 am Studio 1	<b>BOOT CAMP</b> 9:00 am Studio 1	<b>BODYCOMBAT</b> 9:00 am Studio 1	<b>BODYSTEP</b> 9:00 am Studio 1	<b>ZUMBA</b> 8:30 am Studio 1	<b>BOOT CAMP</b> 8:00 am Studio 1	<b>BODYSTEP</b> 8:00 am Studio 1
<b>RETROROBICS</b> 10:00 am Studio 1	<b>BODYPUMP</b> 10:00 am Studio 1	<b>RETROROBICS</b> 10:00 am Studio 1 75 minutes	<b>BODYPUMP</b> 10:00 am Studio 1	<b>ON THE BALL</b> 9:30 am Studio 1	<b>BODYSTEP</b> 9:00 am Studio 1	<b>BODYPUMP</b> 9:00 am Studio 1
<b>BODYSTEP</b> 4:30 pm Studio 1	<b>BODYPUMP</b> 4:30 pm Studio 1	<b>BODYSTEP</b> 6:00 pm Studio 1	<b>ZUMBA</b> 5:45 pm Studio 1	<b>RETROROBICS</b> 10:00 am Studio 1	<b>BODYPUMP</b> 10:00 am Studio 1	<b>ZUMBA</b> 10:00 am Studio 1
<b>ABS ON THE BALL</b> 6:30 pm Studio 1	<b>BODYCOMBAT</b> 6:00 pm Studio 1		<b>BODYPUMP</b> 7:00 pm Studio 1	<b>BODYPUMP</b> 12:00 pm Studio 1		<b>BODYCOMBAT</b> 4:00 pm Studio 1
<b>BODYPUMP</b> 7:00 pm Studio 1				<b>BODYCOMBAT</b> 6:00 pm Studio 1		

## PILATES & YOGA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>PILATES POWER I</b> 9:00 am Studio 3	<b>YOGAFLOW</b> <b>Intermediate</b> 9:00 am Studio 2 75 minutes	<b>YOGILATES</b> 9:00 am Studio 2	<b>YOGAFLOW</b> 9:00 am Studio 3	<b>GENTLE YOGA</b> 4:30 pm Studio 3	<b>BODYFLOW</b> 9:15 am Studio 2	<b>YOGA</b> 9:15 am Studio 2 75 min
<b>BODYFLOW</b> 10:00 am Studio 2	<b>YOGA</b> 6:00 pm Studio 3	<b>PILATES I</b> 10:15 am Studio 3	<b>SPIN PILATES*</b> 9:15 am Spin Studio 70 minutes & Studio 3		<b>PILATES I</b> <b>FOR ATHLETES</b> 10:00 am Studio 3 6 Weeks Only - Ends 2/13	
<b>PILATES II</b> 4:45 pm Studio 3		<b>PILATES POWER II</b> 6:00 pm Studio 3	<b>PILATES II</b> 10:40 am Studio 3			
<b>POWER YOGA</b> 6:00 pm Studio 3		<b>BODYFLOW</b> 7:00 pm Studio 2	<b>BODYFLOW</b> 4:30 pm Studio 2			
			<b>YOGA</b> 6:00 pm Studio 3			



\* Pre-register for SPIN PILATES at the Front Desk

## SPINNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>SPINNING</b> 9:15 am	<b>SPINNING</b> 6:00 am	<b>SPINNING</b> 9:15 am	<b>SPINNING</b> 6:00 am	<b>SPINNING</b> 6:00 am	<b>SPINNING</b> 8:00 am	<b>SPINNING</b> 8:00 am
<b>SPINNING</b> 6:00 pm	<b>SPINNING</b> 12:00 pm	<b>SPINNING</b> 4:30 pm	<b>SPIN PILATES*</b> 9:15 am Spin Studio 70 minutes & Studio 3	<b>SPINNING</b> 9:15 am	<b>SPINNING</b> 9:15 am	
	<b>SPINNING</b> 6:00 pm		<b>SPINNING</b> 12:00 pm			
			<b>SPINNING</b> 6:00 pm			

Register for SPINNING  
up to 4 days in advance at the Front Desk.  
Classes will run participation dependent.

New SPINNING participants should arrive  
10-15 minutes early for assistance with bike fit.  
Please call at least one hour prior to class to cancel.  
\$5 fee applied for no-shows.

## Come try a new class!

Arrive at class a few minutes early and talk to the instructor. They'll give you a brief run-down of what to expect and help get you on your way!

