

												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
												12:00
												9:00
												5:30
SUN	SAT											

CYCLING STUDIO



Group Fitness Classes
Studios & Pool 12/04/24

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 Attack 45	Body Step 45	
5:30	Body Pump 45	Body Combat 45	Body Pump	Zumba	
6:30		Les Mills Core	Zumba		

STUDIO 3 | Specialty

	MON	TUE	WED	THU	FRI
9:00					
10:00		Buti Yoga			
10:30			Hip & Pelvic Release		
6:00				Guided Meditation	

STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
8:00	Fitness Stretch Power Yoga		Fitness Stretch		Fitness Stretch
8:50					
9:00		Graceful Vinyasa Flow	Pilates Sculpt	Vinyasa Yoga	Pilates
10:00	Vinyasa Yoga		Body Balance		Manifestation Meditation
10:15		Slow Flow		Slow Flow	
11:00			Guided Meditation		
11:45	Yin Yoga		Body Awake Yoga		Slow Flow
12:00		Forever Fit Chair Yoga		Forever Fit Chair Yoga	
4:30	Pilates Sculpt	Yin Yoga	Barre Pilates Fusion		
6:00	Power Yoga	Body Balance	Gentle Yoga	Body Awake Yoga	Restorative Yoga

	SAT	SUN
8:00	Body Balance	
9:00		Vinyasa Yoga
9:15	Vinyasa Yoga	
10:30		Hatha 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