

Hampshire Wellness & Fitness Group Exercise Classes May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
M-F 6am-8pm Sat 8am-2pm						
					1	2
					9:00 Strength & Sculpt 10:15 Yoga 4:30 Interval	9:00 HIIT Cycling
3	4	5	6	7	8	9
	9:00 Kickboxing 4:30 HIIT	6:15 Interval 9:30 Silver Sneakers 4:30 Cycling	9:00 Cycling 4:30 Zumba	6:15 Interval 9:30 Silver Sneakers 4:30 Strength & Sculpt 6:00 Cycling	9:00 Zumba 10:15 Yoga 4:30 Interval	9:00 HIIT Cycling
10	11	12	13	14	15	16
	9:00 Barre Mobility 4:30 HIIT	6:15 Interval 9:30 INTRO TO TAI CHI 4:30 Cycling	9:00 Cycling 4:30 Dance Fit	6:15 Interval 9:30 Silver Sneakers 4:30 20/20/20 6:00 Cycling	9:00 Strength & Sculpt 10:15 Yoga 4:30 BOOT CAMP	9:00 HIIT Cycling
17	18	19	20	21	22	23
	9:00 Kickboxing 4:30 HIIT	6:15 Interval 9:30 Chair Yoga 4:30 Cycling	9:00 Cycling 4:30 Step	6:15 Interval 9:30 Silver Sneakers 4:30 Barre Mobility 6:00 Cycling	9:00 Zumba 10:15 Yoga 4:30 Interval	CLOSED for Memorial Day Weekend
24 / 31	25	26	27	28	29	30
	CLOSED MEMORIAL DAY	6:15 Interval 9:30 Silver Sneakers 4:30 Cycling	9:00 Cycling 4:30 Zumba	6:15 Interval 9:30 Silver Sneakers 4:30 Kickboxing 6:00 Cycling	9:00 Strength & Sculpt 10:15 Yoga 4:30 Interval	9:00 HIIT Cycling

Class Descriptions

Cycling: Take a journey without ever leaving the bike. We will go up hill, downhill, jump, and relax on a journey you are sure to enjoy. This class can be as hard or as easy as YOU make it!

Chair Yoga: Chair Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction & mental clarity.

Interval Training / HIIT: This class incorporates aerobics, Tabata, circuits, cycling, kettlebell, cross fit activities and weights for a full body workout that is easy to follow yet challenging to all levels. You will be offered different levels of intensity to choose from. Interval training is a proven “fat burner”.

Kickboxing: In this class participants will do boxing punching combinations, kicking combinations, jump roping, and use boxing gloves. This is a heart pumping exercise class for a more aggressive workout! Movements in this class are modified for all levels.

Yogalates: Yogalates is a method of exercise that is designed to stretch, strengthen, and balance the body. Improve your posture and balance and strengthen the muscles of the abs and back all while developing positive body awareness through deep breathing techniques. This class is for all levels.

Silver Sneakers: Muscular Strength & Range of Movement class offers something for everyone, regardless of fitness level and can help improve overall strength, flexibility and balance. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available for seated and/or standing support, stretching and relaxation.

Strength & Sculpt: In this class participants will use free weights, body bars, bands, exercise balls and Pilates to increase muscle strength and tone your body overall. This class is for all levels and is different each time it is taught.

Yoga: In this class you will learn fundamentals of classic yoga, including basic yoga postures, yogic breathing and relaxation. This is a perfect introduction to yoga, with an emphasis on learning proper alignment, stretching, and strength building in a fun and light-hearted atmosphere. This class is for all levels, ages, and body types. You may use a chair if you have difficulty getting down on the floor! ☺

ZUMBA / Dance Fit: Zumba & Dance-fitness class that incorporate dance movements, to create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms & movement that tone and sculpt the body in aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits.

20/20/20: Get your cardio, strength and flexibility done all in one class. This workout consists of 20 min. of cardio (aerobic/kickboxing/cycling/step), 20 min. of strength training (arms & legs), and 20 min. of abdominal and flexibility work. A great class for beginners and veterans working toward their fitness goals.

Barre Mobility: Low impact, high repetition exercises with isometric movements inspired by ballet, Pilates & yoga. Designed to help anyone move with ease by increasing balance, stability, flexibility, muscle activation & posture. This class is accessible and challenging to all fitness levels.

Pilates: Is a method of exercise that is designed to stretch, strengthen, and balance the body. Improve your posture and balance and strengthen the muscles of the abs and back all while developing positive body awareness through deep breathing techniques. This class is for all levels.