

**HAMPSHIRE WELLNESS & FITNESS GROUP EXERCISE CLASSES – SEPTEMBER 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	1	2
CLASS CHANGE: The <b>2<sup>nd</sup> Tuesday</b> of each month will be Traditional Yoga with Andrea from 1030a-12p after Chair Yoga.					9-10 – Strength & Sculpt (Nancy)  10-11 – Zumba - (Trina)  4:30-5:30 Interval Training (Trina)	NO CLASSES
3	4	5	6	7	8	9
CLOSED	CLOSED	6:15-7:15 Interval Training (Nick) 9:30-10:30 Chair Yoga (Alyssa) 4:30-5:30 20/20/20 (Hali)  5:45-6:45 Cycling (Hali)	9-10 Strength & Sculpt (Hali)  10-11 Cycling (Hali)  4:30-5 HIIT Blast (Trina)  5-6 Yoga (Andrea)  6-7 Zumba (Trina)	6:15-7:15 Interval Training (Nick) 9:30-10:30 SS Classic (Sarah) 4:30-5:30 Strength and Sculpt – (Hali)  5:45-6:45 Cycling - (Hali)	9-10 – Strength & Sculpt (Nancy)  10-11 – Zumba - (Trina)  4:30-5:30 Interval Training (Hali)	9-10 Cycling (Hali)  10:15 -11:15 Cardio Blast (Hali)
10	11	12	13	14	15	16
Boot Camp for Kidz 2-3:30pm  Members= Free; Guests= \$5	9-10 Kickboxing (Hali)  10-11 Pilates (Hali)  11-12:00 Zumba –(Kristen)  4:30-5:30 HIIT (Trina)  5:45- 6:45 Yoga (Andrea)	6:15-7:15 Interval Training (Nick) 9:30-10:30 SS Chair Yoga (Andrea) 10:30-12 Yoga (Andrea) 4:30-5:30 20/20/20 (Hali)  5:45-6:45 Cycling (Hali)	9-10 Strength & Sculpt (Hali)  10-11 Cycling (Hali)  4:30-5 HIIT Blast (Trina)  5-6 Yoga (Andrea)  6-7 Zumba (Trina)	6:15-7:15 Interval Training (Nick) 9:30-10:30 SS Classic (Alyssa) 4:30-5:30 Step (Hali)  5:45-6:45 Cycling - (Hali)	9-10 Strength & Sculpt (Nancy)  10-11 Zumba (Trina)  4:30-5:30 Interval Training (Kaleena)	9-10 Cycling (Hali)  10:15 -11:15 Cardio Blast (Hali)
17	18	19	20	21	22	23
2-3:30 Boot Camp  3 <sup>rd</sup> Sunday of each month  Members: \$5 Guests: \$10	9-10 Kickboxing (Hali)  10-11 Pilates (Hali)  11-12:00 Zumba –(Trina)  4:30-5:30 HIIT (Trina)  5:45- 6:45 Yoga (Andrea)	6:15-7:15 Interval Training (Nick) 9:30-10:30 SS Classic (Trina) 4:30-5:30 20/20/20 (Hali)  5:45-6:45 Cycling (Hali)	9-10 Strength & Sculpt (Hali)  10-11 Cycling (Hali)  4:30-5 HIIT Blast (Kaleena)  5-6 Yoga (Andrea)  6-7 Zumba (Trina)	6:15-7:15 Interval Training (Nick) 9:30-10:30 SS Classic (Alyssa) 4:30-5:30 Kickboxing (Hali)  5:45-6:45 Cycling - (Hali)	9-10 Strength & Sculpt (Trina)  10-11 Zumba (Trina)  4:30-5:30 Interval Training (Hali)	9-10 Cycling (Hali)  10:15 -11:15 Cardio Blast (Hali)
24	25	26	27	28	29	30
	9-10 Kickboxing (Hali)  10-11 Pilates (Hali)  11-12:00 Zumba –(Kristen)  4:30-5:30 HIIT (Trina)  5:45- 6:45 Yoga (Andrea)	6:15-7:15 Interval Training (Nick) 9:30-10:30 SS Classic (Alyssa) 4:30-5:30 20/20/20 (Kaleena)  5:45-6:45 Cycling (Kaleena)	9-10 Strength & Sculpt (Hali)  10-11 Cycling (Hali)  4:30-5 HIIT Blast (Trina)  5-6 Yoga (Andrea)  6-7 Zumba (Trina)	6:15-7:15 Interval Training (Nick) 9:30-10:30 SS Classic (Nancy) 4:30-5:30 Kettlebell (Hali)  5:45-6:45 Cycling - (Hali)	9-10 Strength & Sculpt (Nancy)  10-11 Zumba (Trina)  4:30-5:30 Interval Training (Hali)	9-10 Cycling (Hali)  10:15 -11:15 Cardio Blast (Hali)

# Class Descriptions

**Cardio Blast:** Anything goes in this intense cardio workout! Class may include Step, Hi/Lo, BOSU, Kickboxing, Interval, Cycling, Weights, etc! Varied formats prevent you from getting into a cardio rut.

**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.

**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 is an intermediate level class.

**High Intensity Interval Training (HIIT):** This high energy class will involve short, intense workouts that provide aerobic conditioning, and fat burning. This class will also incorporate weight training, core and flexibility activities. This class is for participants who are ready for an intense workout! HIIT Blast is a 30 minute package with all the same activities in a smaller dose.

**Interval Training:** This class incorporates aerobics, tabata, cross fit, cycling 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”.

**Kettlebell:** A mixture of skills building and high intensity circuit training making for both a fun and challenging experience. The intensity of the session can be modified by using different sizes of kettlebells or by changing the number of repetitions. For this reason beginners and those with experience can participate in the same class.

**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! This class is for medium to advanced levels.

**Pilates:** 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.

**SS Classic:** 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.

**ZUMBA:** A Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, to create a dynamic, exciting, and effective fitness system! This class format combines fast and slow rhythms that tone and sculpt the body in aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle-toning benefits. “Ditch the workout and the join the party”.

**20/20/20:** Get your cardio, strength and flexibility done all in one class. This workout consist of 20 min. of cardio (aerobic/kickboxing/cycling/step), 20 min. of strength training (arms & legs), and 20 min. of abdominal and flexibility work.