

**HAMPSHIRE WELLNESS & FITNESS POOL GROUP EXERCISE CLASSES – NOVEMBER 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<b>Aqua Boot Camp November 18 @ 9am</b> Members= \$5; Guests= \$10			9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Lori)	5-6 Toning (Colin) 6-9 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 5-6 Toning (Lori) 6-9 Family Swim	8-4 Family Swim
5	6	7	8	9	10	11
12-4 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Andrea)	5-6 Toning (Gayle) 6-9 Family Swim	9-10 Toning (Nancy) 10-11 Arthritis (Nancy) 4:30-5:30 Aqua Fit (Lori)	5-6 Toning (Colin) 6-9 Family Swim	9-10 Toning (Lori) 10-11 Arthritis (Lori) 5-6 Toning (Colin) 6-9 Family Swim	8-4 Family Swim
12	13	14	15	16	17	18
12-4 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Andrea)	5-6 Toning (Gayle) 6-9 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Lori)	5-6 Toning (Alyssa) 6-9 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) <b>No 5pm Toning Class</b> <b>School's Out Pool Party</b> 4-8pm Members=FREE; Guests= \$5	8-4 Family Swim 9-10 Aqua Boot Camp (Nancy) Members= \$5; Guests= \$10
19	20	21	22	23	24	25
12-4 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Andrea)	5-6 Toning (Kayla) 6-9 Family Swim	9-10 Toning (Nancy) 10-11 Arthritis (Nancy) 4:30-5:30 Aqua Fit (Colin)	CLOSED HAPPY THANKSGIVING!	<b>NO MORNING CLASSES</b> 5-6 Toning (Colin) 6-9 Family Swim	8-4 Family Swim
26	27	28	29	30		
12-4 Family Swim	9-10 Toning (Nancy) 10-11 Arthritis (Nancy) 4:30-5:30 Aqua Fit (Andrea)	5-6 Toning (Gayle) 6-9 Family Swim	9-10 Toning (Alyssa) 10-11 Arthritis (Alyssa) 4:30-5:30 Aqua Fit (Lori)	5-6 Toning (Lori) 6-9 Family Swim		**HHS Swim Team will be practicing in our pool on M & W evenings from 6:30-8 pm. One lane will be available for members.

# Pool Class Descriptions

## **Arthritis**

Beginner's class designed for individuals with joint limitation or pain. Class emphasis is on increasing the range of motion and strengthening of muscle groups. This class is an excellent class for new members or those just beginning to exercise. Members do not need to have arthritis to participate. This is an excellent class for anyone with any clinical condition.

## **Toning**

This class is designed for individuals who are interested in increasing muscle tone, strength, and range of motion through water fitness, use of water weights, and resistive devices. This class is challenging and fun and you can work at your own level.

## **Family Swim**

Family swim is open to members and the children on their memberships, and paid guests. This is the only time that children from ages 6 months-9 years can be in the pool. They must be accompanied by a family member.

## **Aqua-Fit**

This class is a variety of cardio, strength, core and flexibility exercises in the pool. Designed for all levels.

## **Swim Instruction**

We offer Individual and Buddy packages for private lessons. Group swim lessons for children are offered throughout the year, watch for details. Swim lessons for adults are also available.

## **Aqua Boot Camp**

Aqua Boot camp is a high intensity water fitness program that provides the benefits in the pool with little to no impact on joints and expands lung capacity, as well as benefits of weight and resistance training of the traditional gym. Kick up the intensity of your water workout with timed drills and traditional boot camp style exercises with water equipment that will make you sweat! Come out of your aquatic comfort zone and join us for the fun!