

# Hampshire Wellness & Fitness Group Exercise Classes January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Monday- Friday <b>6 AM -8 PM</b> Saturday <b>8 AM – 2 PM</b>					<b>Closed New Year</b>	<b>Closed New Year</b>
3	4	5	6	7	8	9
	9:30 <b>NO CLASS</b>  4:30 HIIT	6:15 Interval 9:30 SS Classic  4:30 Cycling	9:30 Cycling  4:30 Zumba	6:15 Interval 9:30 SS Classic 4:30 Kickboxing 6:00 Cycling	9:30 Zumba  4:30 Interval	9:15 -10:45 Cycling +
10	11	12	13	14	15	16
	9:30 <b>NO CLASS</b>  4:30 HIIT	6:15 Interval 9:30 SS Classic  4:30 Cycling	9:30 Kickboxing  4:30 Zumba	6:15 Interval 9:30 SS Classic 4:30 Step 6:00Cycling	9:30 Yoga  4:30 Interval	9:15 -10:45 Cycling +
17	<b>MLK Day EVENT</b>	18	19	20	21	22
	9:30 Kickboxing  4:30 HIIT	6:15 Interval 9:30 SS Classic  4:30 Cycling	9:30 No Class  4:30 20/20/20	6:15 Interval 9:30 Chair Yoga 4:30 Strength&Sculpt 6:00 Zumba	9:30 Zumba  4:30 Interval	9:15 -10:45 Cycling +
24 / 31	25	26	27	28	29	30 / 31
	9:30 <b>NO CLASS</b>  4:30 HIIT	6:15 Interval 9:30 SS Classic  4:30 Cycling	9:30 Cycling  4:30 Zumba	6:15 Interval 9:30 SS Classic 4:30 Yoga 6:00Cycling	9:30 <b>NO CLASS</b>  4:30 Interval	9:15 -10:45 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!

**Cycling “PLUS”:** Enjoy your cycling journey for the 1<sup>st</sup> hour of class. The last 30 minutes you will be dedicated to weights, abdominals and flexibility exercises. A FULL body workout!

**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.

**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! Modifications offered for ALL levels.

**Interval Training:** 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.

**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. You may use a chair if you have difficulty getting down on the floor! ☺

**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 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.