

HAMPSHIRE WELLNESS & FITNESS POOL GROUP EXERCISE CLASSES – January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
POOL HOURS Monday - Friday 6 AM – 7 PM Saturday 8 AM – 2 PM					Closed New Year	Closed New Year
3	4	5	6	7	8	9
	10:00 Arthritis 1 - 4 Open Swim 4:00 Aqua Fit	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 - 7 Open Swim	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 - 7 Open Swim Family Swim 5-7	Family Swim 8 - 2
10	11	12	13	14	15	16
	10:00 Arthritis 1 - 4 Open Swim 4:00 Aqua Fit *HHS SWIM Practice Begins	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 – 7 Open Swim	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 – 7 Open Swim Family Swim 5-7	Family Swim 8 - 2
17	MLK Day EVENT 18	19	20	21	22	23
	10:00 Arthritis 1 - 4 Open Swim 4:00 Aqua Fit	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 – 7 Open Swim	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 – 7 Open Swim Family Swim 5-7	Family Swim 8 - 2
24 / 31	25	26	27	28	29	30
	10:00 Arthritis 1 - 4 Open Swim 4:00 Aqua Fit	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 - 7 Open Swim	11:00 Toning 1 - 4 Open Swim 4:00 Aqua Fit Family Swim 5-7	10:00 Arthritis 1 - 7 Open Swim Family Swim 5-7	Family Swim 8 - 2

Open Exercise: The Therapy Pool can be used for exercise or relaxation when therapy is not in session. Therapy hours are M/W/F 1-4pm.
 The Lap Pool is ALWAYS AVAILABLE for OPEN SWIM OR EXERCISE. ****Please be advised**** The lap pool may be unavailable due to the number of participants in class.
*****Please wear shoes and shower before entering the pool*****

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.

Aqua- Fit

This is a variety of cardio, strength, core & flexibility exercises in the pool, possibly including Aqua Kickboxing, Step or Zumba. This class is designed for all levels.

Aqua Step

Begin with a warm-up using a step, followed by choreographed routines on the **step**, and a cooldown at the end. Movements in this class are modified for all levels.

Aqua Kickboxing

In this class participants will do boxing punching combinations, kicking combinations, aqua gloves or weights are optional. This is a heart pumping exercise class for a more aggressive Aqua workout! Movements in this class are modified for all levels.

Aqua Boot Camp

Aqua Boot Camp is a high intensity water fitness program that provides the benefits in the pool with little to now 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!

Aqua Yoga

A new twist on an old tradition! Enjoy the mind/body benefits of Yoga in the warmth of the therapy pool. Anyone can reap the benefits of this special fusion class.

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.

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.