































# HAMPSTEAD HEALTH & FITNESS GROUP EXERCISE SCHEDULE

Winter Schedule – Effective January 25<sup>th</sup>, 2010 / changes in red

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00		 + Core Sue				 <b>7:30am</b> pilates Kris	 <b>7:30am</b> Sharon
6:00	 <b>Ball Conditioning</b> Sue	 + Yoga Sue	<b>Athletic Conditioning</b> Sue		<b>Drums Alive!</b> w/ <b>Muscle</b>  June 	<b>8:30am</b> (75 min) <b>Cardio Craze Combo</b> + Core Michelle	<b>8:30am</b> <b>Step Circuit</b>  Jolene 
8:00	 Ramon	<b>Super Sculpt</b> Joanne	<b>Step &amp; Core</b>  June 	 <b>Ball Conditioning</b> Joanne	<b>20/20/20</b> June	<b>9:45am</b>  Michelle	<b>9:30am</b>  <b>Yoga</b> (75 min) Chet, Tracy or Wendy
9:00	<b>Muscle Pump</b>  Michelle 	 Linda	 Kris	 Honore	<b>9:00am</b> (30 min) <b>Cardio Express</b>  <b>9:30am</b> (30 min) <b>Awesome Arms</b> Jolene & Marcelle alternating weeks	 Michelle	<b>Yoga</b> (75 min) Chet, Tracy or Wendy
10:00		<b>Baby Boomer Plus Fitness</b> Joanne	<b>Muscle Pump</b>  Michelle 		<b>10:30am</b> <b>Baby Boomer Plus Fitness &amp; Stretch</b> Joanne	<a href="http://hampsteadhealth.com">hampsteadhealth.com</a> 603-382-9291	
						<b>Club Hours</b>	<b>Childcare Hours</b>
5:30	 Wendy	 Ramon	 Pam	<b>Muscle Pump</b>  Jolene 	<b>So You Think You Can Dance with...Nicole</b>	<b>Mon-Thurs</b> 4:45am-9:30pm <b>Friday</b> 4:45am-9pm <b>Saturday</b> 6:30am-6pm <b>Sunday</b> 7am-5pm	<b>Mon - Fri</b> 8am-12pm <b>Mon - Thurs</b> 3:30pm -7:30pm <b>Saturday</b> 8:30am-12pm
6:30	<b>Chisel'n Sculpt</b>  Natalie 	 Kris	<b>Chisel'n Sculpt</b>  Natalie 	 <b>Classical Yoga</b> (75 min) Wendy	 <b>Yin Yoga</b> <b>6:30PM</b> (75 min) Karie		
7:30	 <b>Hatha Yoga</b> (75 min) Tracy	 <b>Hatha Yoga</b> <b>7:30PM</b> (75 min) Chet			<i>Instructors and/or classes are subject to change based on participation. Please support our great instructors and diverse schedule by regularly attending the classes that you request. Thanks!</i>	<b>Summer/early Fall hours subject to change</b> <b>* Check Front Desk for current hours</b>	<b>Kids Gym Hours</b> <b>Mon - Thurs</b> 3:30pm-7:30pm <b>Saturday</b> 8:30am - 12pm <i>*am hours during school breaks</i>