










HHF SMALL GROUP PERSONAL TRAINING SCHEDULE / ROOM #2

Winter Schedule – Effective **May 1st**, 2017 / *All Classes Must be Pre-Paid / \$5 members / \$12 non-members*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 RIPTIDE BOXING CIRCUIT! 8:15-9:00AM w/ Ted		RIPTIDE CIRCUIT with TRX 8:15-9:00AM w/ Karen		RIPTIDE CIRCUIT with TRX 9:30-10:15AM w/ Sharon	RIPTIDE CIRCUIT with TRX 7:30-8:15AM w/ Sharon	<p><i>*sessions may include!</i></p> <div style="text-align: center;">        </div> <div style="text-align: center;">  <small>HAMPSTEAD HEALTH AND FITNESS</small> </div> <p style="text-align: center; font-size: small;">hampsteadhealth.com 603-382-9291</p>

RIPTIDE

Undoubtedly one of the most efficient total-body workouts in the world!

We developed 'Riptide' by combining various disciplines and modalities of exercise from some of the finest fitness training programs using the best full body movements that engage every muscle of the body! Riptide uses various short-burst of high-intensity rowing & cycling with functional training and strength stations designed to burn maximum calories while building lean muscle, endurance, muscle tone and cardiovascular condition!

There is also a team orientated, friendly competition component to this program that is addicting and will have you working harder towards your max effort that will help provide extreme results! The circuit will have modifications so that everyone can work at 'their' individual level.