

# HAMPSTEAD HEALTH & FITNESS GROUP EXERCISE SCHEDULE

## WINTER SCHEDULE JANUARY 8<sup>th</sup> 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early A.M.		<b>X-TREME with abs! 6:00</b> Karen	<b>TABATA</b> + Insanity! <b>5:00</b> Misti	'Athletic' Vinyasa Flow Yoga <b>5:00</b> Jonna	<b>Circuit City</b> w/ <b>TRX</b> <b>5:30</b> Sharon	<b>7:30am</b> Yoga Dawn	<b>8:30am</b> <b>Step Circuit</b>  Jolene or Nancy
8:00	<b>Barre</b> FITNESS Sharon	<b>H.E.A.T</b> Karen	pilates Dawn	<b>Barre &amp; Pilates</b> Brenda	<b>Circuit City!</b> KAREN	<b>8:30-9:30am</b> <b>Muscle Pump PLUS!</b> Natalie	<b>9:30am</b> Vinyasa Yoga Chet
9:00	<b>Muscle Pump</b> Michelle R.	<b>STRONG</b> Michelle C.	<b>Muscle Pump</b> Michelle R.	<b>ZUMBA</b> Becky	<b>9:00am</b> (30 min) Cardio Express <b>9:30am</b> (30 min) Awesome Arms Marcelle	<b>9:35-10:35am</b> <b>ZUMBA</b> Sandy	hampsteadhealth.com 603-382-9291
<b>10:05</b>	<b>Silver Sneakers</b> Fitness Program Brenda	<b>Barre &amp; Cardio</b> Chris	<b>Silver Sneakers</b> Fitness Program Joanne	<b>Gentle Yoga</b> Mimi	<b>Silver Sneakers</b> Fitness Program Marcelle		
						<b>Club Hours</b>	<b>Childcare Hours</b>
T I M E S	<b>ZUMBA</b> <b>5:00-6:00</b> Becky	<b>CARIBBEAN</b> <b>5:30-6:30</b> Alexandra	pilates w/ <b>TRX</b> <b>5:00</b> Sharon	<b>ZUMBA</b> <b>5:00</b> Sandy	<i>Instructors and/or classes are subject to change based on participation.</i>	<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
L I S T E D	<b>Chisel'n Sculpt</b> <b>6:05-7:05</b> Natalie	Yoga <b>New earlier start time!</b> <b>6:35-7:35</b> Dawn	<b>Insanity!</b> <b>6:00</b> Natalie	<b>Muscle Pump</b> <b>6:00</b> Nancy	<i>Please support our great instructors and diverse schedule by regularly attending the classes that you request. Thanks!</i>	<b>Sunday</b> 7am-5pm	<b>Kids Gym Hours</b> <b>Mon - Thurs</b> 3:30pm-7:30pm <b>Saturday</b> 8:30am - 12pm *8-12 am during school breaks. Call for info.
			<b>ZUMBA</b> <b>7:00</b> Jen	<b>Power Yoga</b> <b>7:00</b> Natalie		<b>Summer through early Fall hours subject to change</b> * Check Front Desk for current hours 	

# Group Exercise Class Descriptions

**AWESOME ARMS** 30 minutes/ quick, intense shoulder and arm workout with extra attention to those troubled triceps!

**BARRE FITNESS** Our class starts with a warm up and sequence of upper-body exercises using light free weights, push-ups and plank. It's here that we target the bicep, tricep, shoulder, chest and back muscles. Then we move into a series of ballet barre or floor exercises that focus on the thighs – which we then stretch.

**BARRE & CARDIO** A class for all levels, is designed to strengthen and tone total body muscles, increase cardio fitness and improve flexibility. Warm-up movements will be conducted before upper, core and lower body muscle strengthening exercises (using the small ball & the barre) followed by a continuous cardio interval and ending with a relaxing cool down and stretching session.

**BARRE & PILATES** This class blends ballet conditioning and Pilates. Warm up includes use of the stability ball to strengthen your core, followed by Barre assisted isometric strength training exercises for longer leaner muscles. Each class ends with a brief cool down and final stretch.

**CARDIO EXPRESS** 30 minute combo of step and floor aerobics!

**CARIBBEAN RHYTHM** Have fun, move to the rhythm of the music while toning and sculpting with light weights and get a total body workout! Like Zumba, love C.R.!

**CHISEL'N SCULPT** A combination class; muscle conditioning exercises with cardio bursts in between major muscle groups maintaining heart rate in the fat burning zone while building muscle tone!

**CIRCUIT CITY** A fast paced, action packed class that includes intervals of cardio and strength exercises through circuit training. Come join the fun and boost your metabolism along the way!

**H.E.A.T.** High Energy Athletic Training! This class is designed to challenge your cardiovascular system and condition your entire body through interval training. You will perform a combination of Agility, Plyometrics, & Strength Training.

**INSANITY** Moderate to high level interval body-weight and cardio training for 3–4 minute bouts with brief rest periods (20-30 seconds). Great for total body muscle conditioning, core strength and intense cardio, fat melting results!

**MUSCLE PUMP** This dumbbell and resistance class challenges all your major muscle groups by using the best strength training exercises: lunges, squats, presses, lifts, extensions and curls to increase your metabolism and get the degree of muscle definition you're looking for!

**MUSCLE PUMP PLUS** This dumbbell and resistance class challenges all your major muscle groups by using the best strength training exercises: lunges, squats, presses, lifts, extensions and curls with intervals of floor cardio, speed drills, step drills for a top-notch cardio and muscle workout!

**PILATES** Workout is based upon strengthening the “core” muscles of the body while increasing flexibility and mobility in the legs, arms and supporting muscle groups. Amazing bodyweight workout!

**SILVER SNEAKERS® CLASSIC** 60minute toning, strengthening and stretching workout. Improve your balance, flexibility and strength while listening to some great music and having fun!

**STEP CIRCUIT** Intervals of step training and muscle conditioning, great total body workout and fat burning.

**STRONG!** Stop counting the reps. Start training to the beat. STRONG® combines **body weight, muscle conditioning, cardio** and **plyometric training** moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is **driven by the music**, helping you make it to that last rep, and maybe even five more. In a **one-hour class** you will **burn** calories while **toning** arms, legs, abs and glutes. Plyometric or explosive moves like *high knees, burpees*, and *jumping jacks* are interchanged with isometric moves like *lunges, squats*, and *kickboxing*. STRONG by Zumba® instructors change up the music and moves frequently to make sure you're always challenged to the max.

**TRX** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. We use our wall mounted TRX Suspension Trainers that leverage gravity and the user's body weight to complete 100s of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

**TABATA** High-intensity intervals are a great way to burn fat, strengthen your total body, and get a cardio workout all in one. Short bursts of intense exercise followed by short rests will challenge multiple energy systems given you an excellent workout.

**X-TREME** A challenging class using the large muscle groups by utilizing kettle bells, dumbbells, and barbells doing compound Olympic style lifts to ignite the metabolism! There is a strong emphasis on proper technique for efficiency and maximum results!

**YOGA** Renew, energize, relax your mind and body with this blended yoga format suitable for all fitness levels. Increase flexibility and strength with a combination of held poses and gentle flow of movement.

**YOGA (ATHLETIC VINYASA FLOW)** The term “vinyasa” means “breath linked with movement.” Our vinyasa classes are strong and mindful. Synchronizing breath with powerful movement is the basis for all of our vinyasa classes. If you're looking to build fitness and flexibility, release stress and become more focused, this dynamic meditation in motion will strengthen the body, while quieting the mind for overall balanced health and wellness.

**YOGA (GENTLE)** Great classes for everyone and involves deep breathing and slower movements, modified postures focusing on body awareness, gentle stretching, strengthening and total relaxation. Good for all including seniors and those recovering from injury.

**YOGA (POWER)** Power Yoga is a fitness-based vinyasa practice. An offshoot of Ashtanga Yoga, it has many of the same qualities and benefits, including building internal heat, increased stamina, strength, and flexibility, as well as stress reduction.

**ZUMBA®** is a fusion of Latin dance and music, borrowing rhythms from global dances such as samba, tango, Meringue, salsa, cha cha, belly dancing and hip hop. A ton of fun and a superior calorie-burner!