



## Greenfield October 2025

**Kids Fit Hours:** Monday-Friday 1:00pm- 5:00pm & 7:00pm-8:30pm | Saturday-Sunday 12:00pm-4:00pm  
**Jungle Club Hours:** Monday-Friday 8:00am-1:00pm and 4:00pm-8:00pm | Saturday and Sunday 8:00am-Noon  
**Facility Hours:** Monday-Friday 5:30am-9:00pm | Saturday 7:00am-5:00pm | Sunday 8:00am-5:00pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 7:00 a.m. <b>STRONG</b> Reyna (upstairs studio)	5:30-6:30 am <b>Cycling</b> Christine (upstairs studio)		5:30-6:30 am <b>Cycling</b> Christine (upstairs studio)		
	8:00-9:00 a.m. <b>Ultimate Pilates</b> Chelsea (upstairs studio)	9:15-10:15 am <b>Lift &amp; Burn</b> Lynne (upstairs studio)	8:00-9:00 a.m. <b>Ultimate Pilates</b> Chelsea (upstairs studio)	8:00-9:00 a.m. <b>Ultimate Pilates</b> Christine (upstairs studio)	8:00-9:00 a.m. <b>Ultimate Pilates</b> Chelsea (upstairs studio)	8-9am <b>Cycling</b> Christine (upstairs studio)
9:00-10:00 a.m. <b>Yoga</b> Joni (upstairs studio)	9-10 am <b>Zumba</b> Marielena (upstairs studio)	9:30-10:30 am <b>Forever Fit</b> Judy (basketball court)	9:00-10:00 am <b>Zumba</b> Marielena (upstairs studio)	9:15-10:15 am <b>Lift &amp; Burn</b> Lynne (upstairs studio)	9-10 am <b>Zumba</b> Marielena (upstairs studio)	9-10am <b>Sculpt &amp; Tone</b> Barb (upstairs studio)
		11:15-Noon <b>Tai Chi</b> Judy (education room)		9:30-10:30 am <b>Forever Fit</b> Janis (basketball court)		10-11am <b>Zumba</b> Alternating (upstairs studio)
	4:30-5:15 pm <b>Sculpt &amp; Tone</b> Christina B. (upstairs studio)	12:15-1:00 pm <b>Lift &amp; Burn</b> Lynne (upstairs studio)	4:45-5:30 pm <b>STRONG</b> Reyna (upstairs studio)	11:15-Noon <b>Tai Chi</b> Judy (education room)		
	5:30-6:30 pm <b>Zumba</b> Christina B. (upstairs studio)		5:30-6:30pm <b>Zumba</b> Andi (upstairs studio)	12:15-1:00 pm <b>Lift &amp; Burn</b> Lynne (upstairs studio)		
	5:30-6:30 pm <b>H.I.I.T</b> Nichole (basketball court)		5:30-6:30pm <b>H.I.I.T</b> Nichole (basketball court)	5:30-6:30 pm <b>Cycling</b> Jonie S. (upstairs studio)		
	6:30-7:30 pm <b>Yoga</b> Joni (upstairs studio)	6:30-7:30 pm <b>Lift &amp; Burn</b> Lynne (upstairs studio)	6:30-7:30 pm <b>Yoga</b> Joni (upstairs studio)	6:30-7:30 pm <b>Lift &amp; Burn</b> Lynne (upstairs studio)		
			6:30-7:30 pm <b>POUND</b> Jonie S. (basketball court)			
<b>Aquatic Classes</b>						
	9-10 am <b>Aqua Blast</b> Judy	9:15-10 am <b>Aqua Walk &amp; Core</b> Pam	9:15-10 am <b>Aqua Tabata</b> Pam	9-10 am <b>Aqua Circuit</b> Judy	9:15-10 am <b>Aqua Tabata</b> Pam	9-10 am <b>Aqua Zumba</b> Mary
	10-11 am <b>Aqua Pilates</b> Judy	10-11 am <b>HydroSculpt/Tabata</b> Pam	10-11 am <b>HydroSculpt</b> Pam	10-10:30 am <b>Aqua Core</b> Judy		
	11:00-11:45am <b>Arthritis Aquatics</b> Judy		11:00-11:45am <b>Arthritis Aquatics</b> Pam			
		6-7 pm <b>Aqua Blast</b> Barb		6-7 pm <b>Aqua Blast</b> Tabatha		

- The app is always up to date with instructor/format/times changes.
- Please register for classes on our app. You will be notified of any changes to the schedule for classes you are registered for each day. Thank you.

Active Aging	Strength	Mind, body and spirit	Cardio	Members of all levels are welcome. Dates, times, class configurations and instructors are subject to change. The most accurate information regarding our classes is located in the "Hancock Wellness" app. Please use the app to register for the group exercise classes.
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**Aquatic Arthritis Foundation Program** - Incorporates the buoyancy of water and the soothing warmth of a heated pool to create a safe, ideal environment for relieving arthritis pain and stiffness. Gentle movements increase joint flexibility and range of motion, while new exercise variations help build stronger muscles and overall stamina. Led by Arthritis Foundation certified instructors. (45 min.)

**Aqua Blast** - Burn fat and calories in this cardio class. This class is perfect for individuals who are fit, pregnant and joint-sensitive. Come join the fun! (50 min.)

**Aqua Circuit** - Burn fat and calories in this circuit style cardio class. Aquatic equipment is used. Come join the fun! (50 min.)

**Aqua Core & Walk** - Put your torso to the test with this workout, followed by walking routine to get that heart rate up! (55 min)

**Aqua Pilates** - Overall body toning focusing on abdominals, back, arms and hips. (50 min.)

**Hydro Sculpt** - Tone and strengthen those muscles in the water! This 50-minute class will incorporate the use of bands, dumbbells and noodles to sculpt your body. (50 min.)

**Aqua Tabata** - A HIIT (High Intensity Interval Training) in the water. Participants use maximal effort for 20 seconds and recover for 10 seconds for 8 rounds of work. Resistance equipment may or may not be used. All levels can benefit from this class.

**Lift & Burn** - Elevate your heart rate to burn fat while strengthening your body! These moves are simple and

**Cycling Classes** - Gear it up! Ride into high gear with this incredible and exhilarating stationary bike class. Instructors will show you various intensity options. (50 min.)

**Forever Fit** - Sculpt and tone those muscles in Forever Fit. A 50-minute class incorporating bands and balls to strengthen upper and lower body. (50 min.)

**H.I.I.T** - Get your body shredded! This is a high-energy 50-minute class incorporating cardio and sculpting intervals followed by hard core abdominal training. This will help to lose body fat, increase cardiovascular efficiency, and increase strength. (50 min.)

**Pound Fit** - Using Ripstix, lightly weighted drumsticks engineered for an incredibly effective workout including full-body cardio, conditioning, and strength training with yoga and Pilates-inspired movements (50 min)

**Sculpt & Tone** - No cardio segment here. After a 10 min. warm up, you will use weights, bands and resistance balls to create a muscle conditioning and strength training workout that will tone muscle and burn fat! (50 min.)

**Ultimate Pilates** - Lose inches in your waistline! Learn how to strengthen and tone your chest, back, abdominals, hips and thighs. (50 min.)

**Tai Chi for Health** - Tai Chi is an ancient practice proven to reduce pain and improve your mental & physical well-being. These Tai Chi routines are safe, easy to learn, and suitable for every fitness level. (45 min.) effective.

**STRONG + Weights** - combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. (50 min.)

**Yoga** - Class is designed to learn the basic Yoga poses, effective stretching, breathing techniques, and the art of relaxation. The basic techniques can be used as building blocks for a more advanced Yoga practice. Modifications will be given if participants are more advanced. (50 min.)

**Zumba** - High energy aerobic class incorporating basic Latin steps & fitness. (50 min)

**Level of Intensity:** Level 1= Level 2= Level 3= Level 4=

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