



Greenfield April 2026

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
		5:30-6:30 am Cycling Christine (upstairs studio)		5:30-6:30 am Cycling Christine (upstairs studio)		
9:00-10:00 a.m. Yoga Joni (upstairs studio)	8:00-9:00 a.m. Ultimate Pilates Chelsea (upstairs studio)	9:30-10:30 am Forever Fit Judy (basketball court)		8:00-9:00 a.m. Ultimate Pilates Christine (upstairs studio)		8-9am Cycling Christine (upstairs studio)
	9-10 am Zumba Marielena (upstairs studio)	11:15-Noon Tai Chi Judy (education room)	9:15 – 10:15 am Zumba Christina (upstairs studio)	9:30-10:15 am Forever Fit Diane (basketball court)	9-10 am Zumba Marielena (upstairs studio)	9-10am Sculpt & Tone Barb (upstairs studio)
		12 – 12:45 pm Beginner Tai Chi ** Judy (education room)		11:15-Noon Tai Chi Judy (education room)		10-11am Zumba Alternating (upstairs studio)
	4:30-5:15 pm Sculpt & Tone Christina B. (upstairs studio)	5:15 – 6:15 pm Dance2Fit Kayla ** Starts 4/21 **	4:30-5:30 pm STRONG Reyna (upstairs studio)	12 – 12:45 pm Beginner Tai Chi ** Judy (education room)		
	5:30-6:30 pm Zumba Christina B. (upstairs studio)	6:30-7:15 pm Cardio Interval Lynne (upstairs studio)	5:30-6:30pm Zumba Andi (upstairs studio)	5:30-6:30 pm Cycling Jonie S. (upstairs studio)		
	5:30-6:30 pm H.I.I.T Nichole (basketball court)	7:15 – 7:45pm Deep Stretching Lynne (upstairs studio)	5:30-6:30pm H.I.I.T Nichole (basketball court)	6:30-7:30 pm Lift & Burn Lynne (upstairs studio)		
	6:30-7:30 pm Yoga Joni (upstairs studio)		6:30-7:30 pm Yoga Nikki (upstairs studio)			
			6:30-7:30 pm POUND Jonie S. (basketball court)			
Aquatic Classes						
	9-10 am Aqua Blast Judy	9:15-10 am Aqua Walk & Core Pam	9:15-10 am Aqua Tabata Pam	9-10 am Aqua Circuit Judy	9:15-10 am Aqua Tabata Pam	9-10 am Aqua Zumba Mary
	10-11 am Aqua Pilates Judy	10-11 am HydroSculpt/Tabata Pam	10-11 am HydroSculpt Pam	10-10:30 am Aqua Core Judy		
	11:00-11:45am Arthritis Aquatics Judy	6-7 pm Aqua Blast Barb	11:00-11:45am Arthritis Aquatics Pam	6:15 – 7pm Aqua Zumba Mary		

- 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.)

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.

Aqua Zumba ●●●● - A low-impact, high-energy water-based fitness class that combines the principles of Zumba with the resistance of water

Beginner Tai Chi ●●●● - A low-impact "meditation in motion" featuring slow, fluid, and gentle movements designed to improve balance, flexibility, and strength while reducing stress. ** No class offerings on the first Tuesday or the second Thursday of each month.

Cardio Interval: This forty minute class will get your heart rate up and burn calories with your individually set high and low intervals of body weight movements. After timed 30 sec rounds of high intensity rounds we will use light weights and bands to strengthen core and lower body muscles. ●●●●

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.)

Dance2Fit ●●●● - A high-energy, 60-minute dance cardio workout that combines, intense, hip-hop-inspired dancing with bodyweight strength training.

Deep Stretching: Start with a series of dynamic stretches to get the blood flowing and then using a Theraband for static stretching. Static stretching helps prevent muscle soreness and increases flexibility. ●●

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.)

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.)

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.)

Ignite ●●●●● - This high intensity class will include many options for interval training cardio to improve your cardiovascular system. This includes rowing, air bikes, ski erg, track for walking/running plus functional fitness movements. Class will range from 30 - 45 minutes each week (various times due to level of class intensity).

Lift & Burn ●●●●● Elevate your heart rate to burn fat while strengthening your body!

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.)

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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