




June 2017 Fitness Classes

Hampton Health Club and Spa

**PARTICIPATION
OPEN TO ALL
FITNESS LEVELS**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00a Spin Class w/Tom 8:30a Chair Yoga w/Terri	2 10:00a Stretch & Balance w/April 11:15a Yoga Chil 12:30p Spin Class Both w/Terri	3 11:30a Yoga w/Terri
4	5 10:00a Stretch & Balance w/April 4:00p Spin Class w/Terri	6 7:00a Spin Class w/Tom 9:00a Chair Yoga 10:30a Yoga Chil Both w/Terri	7 1:00p Yoga w/April	8 7:00a Spin Class w/Jeff 8:30a Chair Yoga w/Terri	9 10:00a Stretch & Balance w/April 11:15a Yoga Chil 12:30p Spin Class Both w/Terri	10 11:30a Yoga w/April
11 	12 10:00a Stretch & Balance w/April 4:00p Spin Class w/Terri	13 7:00a Spin Class w/Jeff 9:00a Chair Yoga 10:30a Yoga Chil Both w/Terri	14 1:00p Yoga w/April	15 7:00a Spin Class w/Jeff 8:30a Chair Yoga w/Terri	16 10:00a Stretch & Balance w/April 11:15a Yoga Chil 12:30p Spin Class Both w/Terri	17 11:30a Yoga w/April
18	19 10:00a Stretch & Balance w/April 4:00p Spin Class w/Terri	20 7:00a Spin Class w/Jeff 9:00a Chair Yoga 10:30a Yoga Chil Both w/Terri	21 1:00p Yoga w/April	22 NO Spin Class 8:30a Chair Yoga w/Terri	23 10:00a Stretch & Balance w/April 11:15a Yoga Chil 12:30p Spin Class Both w/Terri	24 11:30a Yoga w/Terri
25 	26 10:00a Stretch & Balance w/April 4:00p Spin Class w/Terri	27 7:00a Spin Class w/Tom 9:00a Chair Yoga 10:30a Yoga Chil Both w/Terri	28 1:00p Yoga w/April	29 7:00a Spin Class w/Tom 8:30a Chair Yoga w/Terri	30 10:00a Stretch & Balance w/April 11:15a Yoga Chil 12:30p Spin Class Both w/Terri	

Spin w/Tom Whitaker & Terri Cooney—High-intensity exercise involving stationary exercise bicycles in a classroom setting.

Yoga w/April Harrison & Terri Cooney—Meditative workout involving stretching, strengthening, toning and balance for a stress-free lifestyle.

Chair Yoga w/Terri Cooney—Is a gentle practice that is modified yoga poses. After class you will feel energized and ready for your day!

Stretching and Balance w/April Harrison—Gentle and effective way to maintain a healthy and flexible body.

PLEASE CALL THE HEALTH CLUB TO SIGN UP FOR CLASSES. 828-743-6479 class will be canceled if not enough participants.