

Milford Recreation – 8 week Fitness Flex Pass

Classes meet in the Milford Town Hall Auditorium, Banquet Hall, Curves of Milford, Nia in Amherst and Keyes Memorial Pool. Attend any or all classes.

\$80 for 8 weeks: June 14 – August 6 Download Registration for at www.milfordrec.com and pick up your Fitness Flex Pass in the Recreation office at the Milford Town Hall.

Tuesday	Wednesday	Thursday	Friday	Saturday
9-10AM Nia NH Studio Lisa J. 6-7PM Yogalates Heather H. 14	6-7PM Nia NH Studio Lisa J. 6-7PM Tai Chi Chris B. 15	9:30-10:30AM Nia NH Studio Lisa J. 6-7PM Boot Camp Heather H. 16	6:30AM-12:30PM/2:30-7PM Curves Chyrel 7-8PM ZUMBA Cheryl S. 17	9:30-10:30AM Nia NH Studio Lisa J. 18
9-10AM Nia NH Studio Lisa J. 6-7PM Yogalates Heather H. 21	6-7PM Nia NH Studio Lisa J. 6-7PM Tai Chi Chris B. 22	9:30-10:30AM Nia NH Studio Lisa J. 6-7PM Boot Camp Heather H. 23	6:30AM-12:30PM/2:30-7PM Curves Chyrel 24	9:30-10:30AM Nia NH Studio Lisa J. 25
9-10AM Nia NH Studio Lisa J. 6-7PM Yogalates Heather H. 28	6-7PM Nia NH Studio Lisa J. 6-7PM Tai Chi Chris B. 29	9:30-10:30AM Nia NH Studio Lisa J. 6-7PM Boot Camp Heather H. 30	6:30AM-12:30PM/2:30-7PM Curves Chyrel 7-8PM ZUMBA Cheryl S. 1	9:30-10:30AM Nia NH Studio Lisa J. 2
9-10AM Nia NH Studio Lisa J. 6-7PM Yogalates Heather H. 5	6-7PM Nia NH Studio Lisa J. 6-7PM Tai Chi Chris B. 6	9:30-10:30AM Nia NH Studio Lisa J. 6-7PM Boot Camp Heather H. 7	6:30AM-12:30PM/2:30-7PM Curves Chyrel 7-8PM ZUMBA Cheryl S. 8	9:30-10:30AM Nia NH Studio Lisa J. 9
9-10AM Nia NH Studio Lisa J. 6-7PM Yogalates Heather H. 12	5:30-6:15PM Aqua Aerobics Pool Staff 6-7PM Nia NH Studio Lisa J. 6-7PM Tai Chi Chris B. 13	9:30-10:30AM Nia NH Studio Lisa J. 6-7PM Boot Camp Heather H. 14	6:30AM-12:30PM/2:30-7PM Curves Chyrel 7-8PM ZUMBA Cheryl S. 15	9:30-10:30AM Nia NH Studio Lisa J. 16
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Fitness Flex Pass Class Descriptions

Aqua Aerobics Aerobic exercises performed in a pool using the support and resistance of the water to burn fat, strengthen bones, and increase cardiovascular health and endurance. The buoyancy of the water greatly reduces the chance of injuring joints or muscles. **Class Location: Keyes Memorial Pool, Keyes Park (must purchase Keyes Memorial Pool Pass)**

Curves The Curves fitness program for women only, allows you to get a complete aerobic and strength training workout in just 30 minutes. The system is built around easy-to-learn hydraulic resistance machines, so there are no cumbersome weight stacks to change or manage. The machines are designed especially for women. **Class Location: 138 Elm Street, Milford**

Fitness Boot Camp A fitness boot camp is type of group indoor/outdoor exercise class that mixes traditional calisthenics and body weight exercises with interval training and strength training. While there are a variety of styles of fitness boot camps, most are designed in a way that pushes the participants harder than they'd push themselves. **Class Location: Milford Town Hall, Auditorium/Banquet Hall**

Nia blends the power and precision of the Martial Arts; the grace, fun, and expression of the Dance Arts; and the support and centering qualities of the Healing Arts, all to beautiful music! **Class Location: Nia NH & Yoga Studio, Amherst NH (across from Walmart)**

Tai Chi is a Chinese system of physical exercises that is believed to facilitate the flow of Qi (life force) in the body, promoting good health and vitality. Tai Chi utilizes movements that are Yin Yang opposites: softness and strength, forward and backwards, action and calm. **Class Location: Milford Town Hall, Auditorium/Banquet Hall**

Yogalates A fitness routine that combines Pilates exercises with the postures and breathing techniques of Yoga. **Class Location: Milford Town Hall, Auditorium/Banquet Hall**

ZUMBA is a high-energy, primarily Latin based dance fitness workout that is so much fun you don't even notice you are working out. The best part is that anyone and everyone can do it! People of any size, age, gender, and fitness level can do Zumba without any dance experience! You'll Salsa, Hip hop, Belly dance, Merengue, Cha-cha, Rock, and more while you burn up to 800 calories an hour! **Class Location: Milford Town Hall, Auditorium/Banquet Hall**