

Happy New Year!

Welcome 2015! A new year is a fresh start; a time to renew goals and make changes in our lives. Tackle your New Years' fitness resolutions at one of our community centers! We offer multiple fitness centers, a variety of exercise classes and aquatic programs at a great price!

Did you know...

The first step to reach your fitness goals is FREE!!

ALL Hampton city employees receive a FREE annual community center membership (a \$20 value)

***No Annual Contract *Pay Monthly *\$30 Class Punch Card *Evening Classes**

Fitness Class Schedule (Nights/Weekend)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30P Kettlebells WHCC \$20/mo	5:45-6:45P Walk Away the Pounds WHCC	5:30-6:30P Kettlebells WHCC	5:45-6:45P Walk Away the Pounds WHCC		9:00-10:00A Cycle WHCC \$15/mo
6:00-7:00P Basic Strength NHCC \$20/mo	5:30-6:30P Belly Dance FMCC \$40/mo	6:00-7:00P Basic Strength NHCC	6:30-7:30P Fit Yoga FMCC \$15/mo	6:00-8:00P Line Dance NHCC FREE*	
7:00-8:00P Zumba WHCC \$5/class	6:00-8:00 Line Dance NHCC FREE*		6:00-8:00P Line Dance NHCC FREE*		
7:00-8:00P Fit Yoga NHCC \$15/mo	7:00-8:00P Zumba WHCC \$5/class		7:00-8:00P Zumba WHCC \$5/class		

15 Class Punch Card \$30
15/month Fitness Center Pass
West Hampton CC
1638 Briarfield Av
757-896-4687
Northampton CC
1435a Todds Lane
757-825-4805
Fort Monroe CC
100 Stillwell Rd.
757-727-6833



Fitness Class Descriptions

Cycle: These classes will have you pedaling your way to a great non-impact workout for all fitness levels combined with weight training and ab work.

Kettlebells: High Intensity, low-impact weight training using traditional Russian style Kettlebells for overall strength and performance and superior results.

Fit Yoga: Relax and calm the mind, body, and spirit. Poses and stretches are done standing and on the mat and geared toward all ages, shapes, and fitness levels.

Line Dancing: A fun and easy way to stay in shape, combat vascular and hereditary diseases.

Senior Fitness: This fun and easy class is for the “mature adult” who wants to stay in shape but may not have the flexibility or stamina for traditional classes. Exercises are done in and out of chairs, using light hand weights and resistance tubing.

Basic Strength: Basic strength training with cardio, weights, resistance training, balance and core strength. All fitness levels welcome.

Walk Away the Pounds: This complete, total body walking program gives you fat burning, muscle conditioning, and stretching in one energizing workout.

Gentle Yoga: Ages 50 and up! Yoga geared for the less flexible, those with arthritis, fibromyalgia, or just returning to exercise.

ZUMBA: ZUMBA is a fun, fast paced Latin dance based workout for every body, fitness level and age.

Belly Dancing: A fun way to stretch, tone and work on core muscles! All fitness levels welcome. (\$40/month pass)

General Memberships: Adults ages 18 & up \$20 yearly, Youth ages 6-17 \$15 yearly

Fitness Center Memberships: \$15 monthly (all ages 12 and up)

Fitness Class Fees: \$20 monthly(2x week), \$15 monthly(1x week) or a 15 punch pass for \$30

Silver Sneakers Program: If you are age 65 or over you may qualify for free membership through your insurance!

Call your insurance provider and ask if they offer the Silver Sneakers Program (some offer to ages 55 and up also).

Contact Ashley Denney, Program Coordinator: ajdenney@hampton.gov * 757-825-4805 (NHCC)

