



**\$12 PER MONTH**  
**NO ANNUAL FEE!**

**FITNESS ROOM HOURS:**

**Monday thru Thursday 5:30 AM - 9:30 PM**

**Friday 5:30 AM - 8:00 PM**

**Saturday & Sunday 7:00 AM - 6:00 PM**

Located at The Hingham Recreation Department, 210 Central St.

**Online Registration for Winter Recreation Programs begins Thursday, December 8, 2011 at 6 pm**

**DROP-IN CLASSES ONLY \$8!!\***

**The Hingham Striders Fitness Room** features top quality commercial-grade aerobic and weight training equipment. The aerobic equipment includes treadmills, ellipticals, stationary bikes, and stair masters.

The Fitness Room features a variety of weight training equipment including dumbbells and more than a dozen weight-bearing strength machines.

**Certified Personal Trainers are available for a fee of \$50/hour.**

**SPIN FUSION**

**Mondays, 5:00 PM or Wednesdays, 5:00 PM**

A fusion class combines multiple fitness disciplines in one jam packed workout session. Want to make the most out of your time? Integrate your workouts to get more bang for your buck. The spinning concept makes the concept of adding fusion easy. Core exercises and stretching will be added at the end of the spinning workout.

**SPIN N' SCULPT**

**Saturdays, 9:30 AM or Tuesdays, 9:30 AM**

This 2-part class incorporates muscle strengthening with aerobic activity. This challenging class integrates 45 minutes of spinning with 30 minutes of weight lifting.

**SENIOR SPIN (age 60+)**

**Tuesdays, 10:45 - 11:45 AM**

If you are looking for a great workout and ever wondered what spin class was all about, then this program is for you.

**HATHA YOGA**

**Mondays, 9:45 AM/Thursdays, 9:45 AM or Wednesdays, 9:45 AM/Saturdays, 9:00 AM**

An eclectic class including kripalu, ashtanga, iyengar, and vinyasa techniques. Perform series of "asanas" and relaxing techniques.

**CARDIO PUMP**

**Tuesdays, 9:00 AM or Fridays, 9:00 AM**

Get the benefits of a full body cardio workout combined with upper and lower body weight training sessions. Bring 3-5 lb. hand weights.

**BOOT CAMP**

**Mondays, 9:30 AM**

This hour-long class combines heavy and light weights, cardio intervals, and core work to push your body to its maximum potential. This challenging class changes from week to week, never letting your body get too comfortable. Prepare to work hard!

**ZUMBA**

**Mondays, 6:15 PM**

Aerobic fitness interval training set to a fusion of Latin & International music. Routines feature a combination of rhythms that tone the body.

**MAD DOG SPINNING**

**FEE: \$80/10 wks**

Spinning burns serious calories (about 500 in 45 minutes)! This awesome aerobic workout makes your heart pump fast and tones your quads, outer thigh muscles, abs, buttocks and arms like nobody's business! And although you follow the general instructions of the Spinning teacher, you are always in control. You can finish a Spin class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike.

The new 10-week session begins December 4th! Pre-registration reserves a bike for a specific class.

**Drop-ins are permitted if bikes are available.**

<b>SPIN SCHEDULE</b>	Monday, 5:30 AM	Karen	
	Monday, 8:30 AM	Amy	
	Monday, 5:00 PM	Carol	Spin Fusion
	Tuesday, 5:30 AM	Adrienne	
	Tuesday, 8:30 AM	Sheila	
	Tuesday, 9:30 AM	Tory	Spin n' Sculpt
	Tuesday, 10:45 AM	Carol	Senior Spin
	Tuesday, 7:00 PM	Ginger	
	Wednesday, 5:30 AM	Elle	
	Wednesday, 8:30 AM	Polly	
	Wednesday, 5:00 PM	Carol	Spin Fusion
	Thursday, 5:30 AM	Adrienne	
	Thursday, 8:30 AM	Sheila	
	Thursday, 4:00 PM	Karen	Beginner/Easy Rider
Friday, 9:00 AM	Polly		
Saturday, 8:30 AM	Carol		
Saturday, 9:30 AM	Tory	Spin n' Sculpt	
Sunday, 7:00 AM	Sarah		
Sunday, 8:30 AM	Carol		

**CHILD CARE AVAILABLE  
 \$4 per child/hour**

**Monday & Friday,  
 9:00 AM - 12:00 NOON**

**Tuesday, Wednesday, & Thursday,  
 8:30 AM - 11:30 AM**

\*Tickets that cost \$8 are the method of payment for any Adult Fitness Program drop-ins. Tickets are available in any quantity in the Rec Office and Fitness Room. Eligibility for all Adult Programs is age 18+ unless otherwise noted.