



HICAL FITNESS CLASSES

Summer 2026

Aerobics: Stay active and keep moving at a good pace, while exercising your mind and body.

Max 20 members.

Mondays 8:30a: Mary Jane

Balance, Strength and Stretch: Guided exercise including standing and sitting work with for people with moderate problems affecting movement.

Max 20 members.

Tuesdays 12:30p: Sam

Barre: Barre is a low impact class that works on muscle isolation. Although it uses principals of ballet to work on strength and creating long lean muscles you do not have to have any dance experience to participate. By isolating one muscle or muscle group at a time you are guaranteed a full body work out. There are many ways to modify this class as well and it is wonderful for posture, balance, and creating a strong core to help protect the lower back.

Please bring a yoga mat.

Max: 15 members

Wednesday's 9:30a: Sam

Chair One Fitness: A seated, dance-based fitness program that provides a fun, full-body workout for people of all ages and abilities, especially those who have difficult standing or using heavy equipment.

Max 20 members.

Wednesday's 8:30a: Liana

Gentle Flow Yoga: This class combines the components of slow flow yoga, linking breath to movement with proper alignment for safety, strength and stability and Hatha yoga, holding and experiencing the depth of postures. There will be a focus on breath, balance and strength. The class style offers a relaxed pace and thoughtful, meditative approach to the practice. The session begins in a chair or comfortable seat on a mat and progresses to standing postures. This class type is suitable for everyone and celebrates the joy of movement.

Max 20 members.

Mondays 11:00a: Beverly

Line Dancing: Kick up your heels and learn the basic steps to a variety of music. Registration is required. Please wear comfortable shoes that can gently slide on the floor.

Max 20 members.

Tuesdays 10:20a: Susan

Pilates: Controlled movements which improve flexibility, build strength and develop control and endurance in the entire body.

Max 20 members.

Tuesdays 8:45a: Mary Jane

Pound: A full-body drumming workout combining cardio, conditioning & strength training with yoga and Pilates movements using lightly weighted drumsticks ("Ripstix"). Designed for all fitness levels.

Max 20 members.

Thursdays at 10:00a: Liana

Strength Fitness: Stretch those muscles and keep them firm and fit as you exercise with handheld weights, weighted balls, and resistance bands (or comparable items found at home).

Max 20 members.

Mondays at 9:30a: Mary Jane

Walking Group: (Free) Join Kathleen Carrol and Kathy Berry every FRIDAY for a 1 hour walk through Bare Cove Park. Group will meet in the parking lot at 226 Beal St. Hingham. Across from Stop and Shop. Please register in advance.

Fridays **NOW 9:30am**

Yin Yoga: Yin is a practice that targets the body's deep connective tissues. The class is primarily floor-based with passive, longer held poses. The experience of the postures with breath may be calming, invite introspection, and enhance energy flow within the body. Often meditation and pranayama (breathwork) are a part of the class. Yin is suitable for all including beginners.

Max 20 members.

Thursdays 8:30a: Beverly

Fitness Classes are \$5 each and are "drop in" unless otherwise indicated. Your first fitness class is free. Programs and Instructors are subject to change without notice.