

# SEPTEMBER

## Fitness Class Schedule 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>No Class Sept 6</b> Cardio Sculpt 5:45-6:30am Brandi	<b>BODYPUMP™</b> 5:45-6:45am Reyne	Tabata 5:45-6:30am Brandi	<b>BODYPUMP™</b> 5:45-6:45am Reyne	PiYo@ 5:45-6:35am Emily	<b>BODYPUMP™</b> 8:00-9:00am Shannon K.		
	Aquabata 8:00-8:45am Risa		Aquabata 8:00-8:45am Risa				
<b>No Class Sept 6</b> *FitLot 8:30-9:15am Risa	FOREVER FIT 9:00-9:45am Risa	Outdoor Total Body 9:00-10:00am Lori L.	Yoga 9:00-9:45am Lori L.		<b>No Class Sept 4</b> *FitLot 8:30-9:15am Maggie/Risa		
Deep Water 10:00-10:45am Risa	Water Works 10:00-10:45am Risa	Water Walking 10:15-11:00am Lori L.	Water Works 10:00-10:45am Risa		<b>Only Sept 18</b> Aqua Rock 10:00-10:45am Mark	<b>Starts Sept. 12</b> Aqua Rock 1:00-1:45pm Tara	
		*FitLot 11:30-12:15pm Lori L.			<p><b>NOTES:</b>  *Sept 4 Yoga at Sibley @ 11am  *FitLot classes are FREE to everyone. They are held at Jaycee Park. Registration is required. <a href="http://fitlot.org/parks/bismarck/">fitlot.org/parks/bismarck/</a></p> 		
		<b>NEW</b> Core 30 12:15-12:45pm Sheila					
<b>No Class Sept 6</b> Water Works 3:45-4:30pm Risa		Water Works 3:45-4:30pm Risa					
	Tabata 4:45-5:30pm Jes						
<b>Starts Sept 13</b> Cardio Kickboxing 5:30-6:15pm Nikhil		HIGH fitness 6:00-6:45pm Kayla					
<b>NEW TIME</b> Aqua Rock Deep 7:30-8:15pm Sherry		Aqua Rock 6:30-7:15pm Sherry					
FOREVER FIT 4:30-5:15pm Lori L.	<b>No Class Sept 14</b> Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Shannon B.	Yoga/Stretch 4:30-5:15pm Lori H.				
Cycling 5:30-6:20pm Reyne	S <sup>3</sup> Fusion 5:30-6:30pm Shannon B.	<b>BODYPUMP™</b> 5:30-6:30pm Reyne	Pilates 5:30-6:20pm Shannon B.				
<b>BODYPUMP™</b> 6:30-7:30pm Mikaela							
					<b>CLASSES HELD @ BSC AWC POOL</b>	<b>CLASSES HELD @ JAYCEE PARK FITLOT</b>	
					<b>CLASSES HELD @ BSC AWC FITNESS STUDIO</b>	<b>CLASSES HELD @ CRFC FITNESS STUDIO</b>	

**CRFC Subs:**  
-BODYPUMP Sept 7, 9, 14 (HIIT-KYLE)  
-BODYPUMP Sept 4, 8 & 15 (MIKAELA)  
-BODYPUMP Sept 16 (RISA)  
-BODYPUMP Sept 18 (REYNE)  
-Cycling Sept 13 (SHANNON B)  
-Forever Fit Sept 13 (TANNER)  
-Yoga/Stretch Sept 16 (LORI L)

**BSC AWC Subs:**  
-Core 30 Sept 22 (RISA)  
-Deep Water Sept 6 (LORI L)  
-Tabata Sept 28 (NIKHIL)

# CLASS DESCRIPTIONS

**Aquabata:** This shallow water workout includes aerobic and anaerobic training exercises in a Tabata format.

**Aqua Rock:** This high energy, low impact class is for everyone. Jab, punch, and kick to classic rock music in the shallow pool.

**Aqua Rock Deep:** Tone and tread to classic rock music in the deep water.

**BODYPUMP™:** This Les Mills class includes toning and conditioning with weights and is for anyone who wants to add strength training into their aerobic workout. The simplicity of the class makes it a great starting point to develop strength and confidence. Motivating music and compelling choreography keep you going through the workout. You'll use a step platform, barbell and a set of weights.

**CARDIO KICKBOXING:** A fun full body workout with easy to follow punch and kick combinations. Tone muscle, relieve stress, and burn calories all while having a blast!

**CARDIO SCULPT:** An exciting cross-training class, Cardio Sculpt offers variety from one class to the next. For participants who don't like coming in to the same routine each week, this special class format may be cardio-focused one week and strength intervals the next. Truly, Cardio Sculpt is ideal for the person who likes to shake up their workout.

**CORE 30:** A low impact class utilizing Pilates and other functional exercises that will help improve flexibility and balance, while building muscle strength and endurance in the legs, abdominals, arms, hips, and back.

**CYCLING:** A cardiovascular training activity performed indoors in a group setting. No complicated choreography, intensity controlled by you and easy to learn techniques will make you want to come back class after class!

**Deep Water:** A great workout, where the intensity is increased through the resistance of the water. Using floatation devices, you power walk or run with enough vertical space so your feet do not touch the bottom. Comfort in Deep Water required.

**FitLot:** Outdoor circuit training workout at Jaycee Centennial Park. This class is FREE to the public but registration is required. <https://fitlot.org/parks/bismarck/>

**Forever Fit:** Is a low impact total body workout that incorporates cardio, strength, balance, and stretch.

**HIGH FITNESS:** Take it HIGH or take it low in this Old School Aerobics made Modern class! Options given for all levels of fitness in this simple and easy to follow choreography consisting of old school aerobics blended with intense fitness based moves with music from all genres and decades.

**OUTDOOR TOTAL BODY:** A variety of cardio will take place outside (weather permitting) followed by strength and stretch in the studio. Class will meet in the fitness studio.

**PILATES:** Focuses on the body's core using breathing to energize the muscles. We will use our own body weight to focus on our symmetry in strength, flexibility, tension, range of motion, and weight distribution. Be prepared to lengthen and strengthen your muscles.

**PIYo®:** Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle.

**S<sup>3</sup> Fusion:** Spin/Step, Sculpt, Stretch. This class has the perfect balance for an effective workout involving cardio, strength, and flexibility.

**TABATA:** This high intensity interval training (HIIT) class works your entire body. It is a quick and effective workout that includes a variety of 20 second high-intensity anaerobic exercises followed by a 10-second recovery.

**WATER WALKING:** Provides an easy, safe, and effective way to increase aerobic fitness, endurance, and muscle strength. No swimming ability required, class is held in shallow water. Water shoes recommended.

**WATER WORKS:** This shallow water workout includes aerobic and anaerobic training exercises. You will improve cardiovascular stamina, muscular endurance, and flexibility without putting stress on your joints. No swimming ability required.

**YOGA:** Combining functional strength and flexibility while focusing on the mind/body connection through movement.

**YOGA/STRETCH:** Using traditional and yoga inspired stretches to increase range of motion, flexibility, balance and your ability to avoid future injuries.

**Group Fitness Classes are FREE for BSC AWC/CRFC members. Non-members a daily admission fee applies (\$4 - \$7).**

**Participant must be at least 12 years of age and accompanied by an adult until the age of 16. For any questions please call 701-751-4266.**