



FEBRUARY

Fitness Class Schedule 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Back to Basics 5:45-6:30am Kyle	BODYPUMP™ 5:45-6:45am Reyne	Tabata 5:45-6:30am Brandi	BODYPUMP™ 5:45-6:45am Reyne	PiYo® 5:45-6:35am Emily	BODYPUMP™ 8:00-9:00am Rotation	
	Aquabata 8:00-8:45am Maggie		Aquabata 8:00-8:45am Maggie		S³ Fusion 9:15-10:15am Rotation	
	FOREVER FIT 9:00-9:45am Maggie	Total Body Toning 9:00-10:00am Jes J.	CBS 9:00-9:45am Maggie	Yoga/Stretch 9:00-9:45am Lori H.		
Deep Water 10:00-10:45am Mark	Water Works 10:00-10:45am Maggie	Water Walking 10:15-11:00am Jes J.	Water Works 10:00-10:45am Maggie		No Class Feb 4 & 11 Aqua Dance 9:00-9:45am Jes M.	Aqua Rock 1:00-1:45pm Liane
Cardio + Strength 12:15-12:45pm Kyle	Cardio + Strength 12:15-12:45pm Brandi	Tabata 12:15-12:45pm Jes J.	Butts & Guts 12:15-12:45pm Brandi		No Class Feb 4 & 11 Aqua Rock 10:00-10:45am Mark	Only Feb 5 & 26 BUTI 2:00-3:00pm Tia
Water Works 3:45-4:30pm Jessica R.		Water Works 3:45-4:30pm Jessica R.			NOTES: *Feb 17 Free admission @ BSC AWC *Feb 20 Free admission @ CRFC	
		Slow Burn 5:00-5:45pm Jessica R.			CRFC Subs: -Cardio + Strength Feb 20 (TANNER) -S3 Fusion Feb 18 & 25 (REYNE)	
Do You Bounce? 5:30-6:30pm Jules	Tabata 5:30-6:15pm Riley	No Class Feb 1 Do You Bounce? 6:00-7:00pm Jules	Strength + Core 5:30-6:30pm Riley	No Class Feb 3 Aqua Rock 5:15-6:00pm Liane	BSC AWC Subs: -Aquabata Feb 2 & 21 (JESSICA R) -Aquabata Feb 28 (TBD) -Aqua Rock Feb 12 (MARK) -Candlelight Yoga Feb 6 & 20 (BESIME) -CBS Feb 2 (JESSICA R) -Forever Fit Feb 21 (JESSICA) -Forever Fit Feb 28 (TBD) -Total Body Toning Feb 1 (JESSICA R) -Total Body Toning Feb 8 (MAGGIE) -Water Works Feb 2 & 21 (JESSICA R) -Water Works Feb 28 (TBD) -Water Walking Feb 1 (JESSICA R) -Water Walking Feb 8 (MAGGIE)	
Candlelight Yoga 6:45-7:30pm Tia		NEW SHiNE Dance 7:15-8:00pm Kristine		Only Feb 3 Do You Bounce? 6:00-7:00pm Jules		
Aqua Rock Deep 7:30-8:15pm Sherry						
FOREVER FIT 4:30-5:15pm Maggie	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Jean	Yoga/Stretch 4:30-5:15pm Lori H.			
Cycling 5:30-6:20pm Reyne	S³ Fusion 5:30-6:30pm Shannon B.	BODYPUMP™ 5:30-6:30pm Reyne	Pilates 5:30-6:20pm Shannon B.		CLASSES HELD @ BSC AWC POOL	
BODYPUMP™ 6:30-7:30pm Mikaela	Starts Feb 7 Kid's Yoga 5:30-6:00pm Lori H.		Starts Feb 9 Kid's Fitness 5:30-6:00pm Lori H.		CLASSES HELD @ BSC AWC FITNESS STUDIO	CLASSES HELD @ CRFC FITNESS STUDIO

CLASS DESCRIPTIONS

Aqua Dance: Dance to the beat of the music in the water! Enjoy the fun of dancing with little or no impact on your joints. No swimming ability required. Class is in the shallow water.

AquaBalance: Deepen your connection to your body with gentle aquatic movement. A combination of stretching, balance, and core work will help increase flexibility and improve stability.

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.

Back to Basics: Enjoy a 45 minute workout focusing on the 7 primal movements – Push, Pull, Squat, Lunge, Rotation, Hinge and Gait. Each class will focus on these 7 movements to give you a good mix of cardio, strength and core control.

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.

BUTI: Is a powerful blend of yoga asana, tribal dance, intentional shaking, and abdominal conditioning. It is completely driven by the music forcing participants to get out of their head and listen to their body.

Butts & Guts: This class will focus on those hard to reach areas that we'd all like to improve. Exercises target and tone your entire core and lower body.

Candlelight Yoga: Enjoy a slow relaxing Yoga flow to help you unwind from your day with great music and peaceful lighting. You will go home feeling refreshed yet relaxed for a great nights sleep.

Cardio + Strength: A short and sweet interval style workout that combines cardio moves with a variety of strength equipment.

CBS: Core, Balance, Stretch. This class will concentrate on improving your core strength, balance, and flexibility.

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.

Do You Bounce?: Bounce, also called Rebounding, is an energizing aerobic workout on mini trampolines will strengthen every muscle and bone in your body. It aides in removing toxins from the body, improves overall coordination, balance, and flexibility. We promote mental well-being into our routines with music choices, positive affirmations, words of self confidence, and encourage one another to show up as themselves, unapologetically. Experience the outrageously fun, fresh, fiercely energetic, and effective multi-dimensional movements that will lead to positive transformation in your wellness journey.

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

KID'S FITNESS: The instructor will conduct 30 minutes of fun, creative, and invigorating activities for the children to enjoy such as leap frog, red light/green light, running on the indoor track, yoga, and much more! Ages 4-10 years. Members are free, non-members \$2.

Kid's Yoga: This class will introduce the most basic yoga postures to children in a fun, playful way. Ages 4-10 years. Members are free, non-members \$2.

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.

SHINE Dance Fitness™: teaches you original routines rooted in jazz, ballet and hip-hop to a variety of hit music. Each class is designed to give participants a full-body workout through high cardio and toning.

Slow Burn: A slow approach to resistance training that uses resistance bands, sliders, and light weights. This class will focus on building strength and reinforcing good form by slowing down each movement. Slow resistance training can help improve coordination, movement control and reduce the risk of injury.

Strength + Core: Isolate and exercise your core while building strength, stability, and endurance. Tone and strengthen muscles dedicated to balance, injury prevention, and centralized force. Experience a unique combination of dedicated abdominal, hip, glute, and lower back exercises for maximum results.

S³ 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.

TOTAL BODY TONING: A variety of cardio exercises followed by strength and stretch.

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/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 (\$5 - \$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.