



# MAY

## Fitness Class Schedule 2024

| Monday  | Tuesday                                    | Wednesday                                      | Thursday                               | Friday  | Saturday   | Sunday                                      |  |
|---|--|--|--|---|--|---|--|
|   | BODYPUMP™<br>5:45-6:45am<br>Reyne          | <b>NEW</b><br>Cycling*<br>6:00-6:45am<br>Marin | BODYPUMP™<br>5:45-6:45am<br>Reyne      | <b>No Class May 24</b><br>PiYo®<br>5:45-6:35am<br>Emily | BODYPUMP™<br>8:00-9:00am<br>Rotation   |   |  |
|   | Aquabata<br>8:00-8:45am<br>Risa            |  | Water Works<br>8:00-8:45am<br>Risa     |   | Aqua Dance<br>9:00-9:45am<br>Jes M.  |   |  |
| AquaFIT<br>9:00-9:45am<br>Jes M.                            |  | AquaCORE<br>9:00-9:45am<br>Jes M.              |  | AquaFIT<br>9:00-9:45am<br>Jes M.                        | Aqua Rock<br>10:00-10:45am<br>Jes M.   |   |  |
|   | FOREVER FIT<br>9:00-9:45am<br>Risa         | Total Body Toning<br>9:00-10:00am<br>Lori L.   | CBS<br>9:00-9:45am<br>Risa             | Yoga/Stretch<br>9:00-9:45am<br>Lori H.                  | <b>Only May 25</b><br>Yoga in the Park<br>11-11:45am<br>Lori H.  | Aqua Rock<br>1:00-1:45pm<br>Mark            |  |
| Deep Water<br>10:00-10:45am<br>Risa                         | Water Works<br>10:00-10:45am<br>Risa       | Water Walking<br>10:15-11:00am<br>Lori L.      | Aquabata<br>10:00-10:45am<br>Risa      |   | <b>NOTES:</b><br>*May 1 Cycling at 5:45-6:30am<br>*May 25 Yoga at Sibley @ 11am<br><br><b>CRFC Subs</b><br>-BODYPUMP rotation on Saturdays:<br>*May 4 (REYNE)<br>*May 11 & 25 (RISA)<br>*May 18 (SHANNON K.)<br>-Cycling May 1 (REYNE at 5:45am)<br>-Cycling May 27 (MARIN)<br>-Yoga/Stretch May 30 (CANDACE)<br><br><b>BSC AWC Subs:</b><br>-AquaCORE May 29 (MAGGIE)<br>-Deep Water May 27 (LORI L)<br>-Yoga/Stretch May 24 (LORI L) |   |  |
| <b>No Class May 27</b><br>YPS<br>12:15-12:45pm<br>Sheila    | Cardio+Strength<br>12:15-12:45pm<br>Brandi |  |  |   |  |   |  |
|   |  | <b>NEW</b><br>AquaFIT<br>3:30-4:15pm<br>Maggie |  |   |  |   |  |
|   |  | <b>NEW</b><br>Step<br>4:30-5:15pm<br>Maggie    |  |   |  |   |  |
| <b>No Class May 27</b><br>AquaCORE<br>5:30-6:15pm<br>Jes M. | Tabata<br>5:30-6:15pm<br>Riley             |  | Strength+Core<br>5:30-6:30pm<br>Riley  |   |  |   |  |
|   | Aqua Rock<br>6:00-6:45pm<br>Kisha          |  |  |   |  |   |  |
| FOREVER FIT<br>4:30-5:15pm<br>Maggie                        | Yoga/Stretch<br>4:30-5:15pm<br>Lori H.     |  | Yoga/Stretch<br>4:30-5:15pm<br>Lori H. |   |  |   |  |
| Cycling<br>5:30-6:20pm<br>Reyne                             | S³ Fusion<br>5:30-6:30pm<br>Shannon B.     | BODYPUMP™<br>5:30-6:30pm<br>Reyne              | Pilates<br>5:30-6:20pm<br>Shannon B.   |   |  |   |  |
| <b>No Class May 27</b><br>BODYPUMP™<br>6:30-7:30pm<br>Risa  |  |  |  |   |  |   |  |
|   |  |  |  |   |  | CLASSES HELD<br>@ BSC AWC<br>FITNESS STUDIO | CLASSES HELD<br>@ CRFC<br>FITNESS STUDIO |

# CLASS DESCRIPTIONS

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

**AquaCORE:** This class will use floatation belts in the shallow pool to incorporate abdominal exercises, cardio, and stability.

**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.

**AquaFIT:** Use the resistance of water to improve cardiovascular fitness, core strength, endurance and overall tone in the shallow pool.

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

**Back to Basics:** This beginner class will focus on strength, flexibility, and balance.

**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.

**Candlelight Yoga/Stretch:** 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.

**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.

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

**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.

**Streth + 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.

**Step:** This class uses cardio work to produce an easy-to-learn and effective workout. Strengthen, tone, and improve coordination using a step platform.

**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.

**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.

**YPS:** Yoga, Pilates, Stretch will focus on functional body weight exercises while implementing breathing techniques to improve core strength, balance, flexibility, and range of motion.

**NOW HIRING Group Fitness Instructors! Contact Linsay Berg at [Lberg@bisparcs.org](mailto:Lberg@bisparcs.org)**

**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.**