

AUGUST

Fitness Class Schedule 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BODYPUMP™ 5:45-6:45am Stacey	Tabata 6:00-6:45am Gretchen	BODYPUMP™ 5:45-6:45am Stacey	Butts & Guts 6:00-6:45am Macie	BODYPUMP™ 8:00-9:00am Rotation	CLOSED
					Only Aug 3 & 31 Rollga®Meditation 9:10-9:40am Maggie	
	FOREVER FIT 9:00-9:40am Risa	S³ Fusion 9:00-10:00am Lori L.	Yoga 9:00-9:45am Michelle			
	Water Works 10:00-10:45am Risa	Water Walking 10:15-11:00am Lori L.	Water Works 10:00-10:45am Risa		Aqua Zumba® 9:00am-9:45am Mark	
TABATA 12:10-12:45pm Lisa		Kettlebells 12:15-12:45pm Lisa				
	CORE 30 12:15-12:45pm Sheila	TABATA 12:15-12:45pm Risa	CORE 30 12:15-12:45pm Sheila		Notes: *Aug 10, 17, 24 No Rollga *Aug 26 No Forever Fit	
Water Works 3:50-4:30pm Dre		Water Works 3:50-4:30pm Dre		Water Works 3:50-4:30pm Maggie	AWC Subs: -Barre Aug 14 (Macie) -Butts & Guts Aug 13 (Nikhil) -Forever Fit Aug 20 (Lori L.) -Kickbox Toning Aug 13 (Nikhil) -Rollga Aug 6, 20, 27 (Brandi) -S3 Fusion Aug 28 (Tanner) -Tabata Aug 21 (Gretchen) -Tone Aug 14, 15, 22 (Cardio Sculpt-Gretchen) -Water Works Aug 20 (Lori L.) -Water Works Aug 9, 16, 23 (Mark) -Water Walking Aug 28 (Risa) -Yoga Aug 8 (Lori L.)	
	Butts & Guts 4:35-5:25pm Macie/Lisa	Tone™ 4:30-5:15pm Shannon K.	TABATA 4:45-5:15pm Lisa			
UGI TABATA 5:15-6:00pm Lisa/Macie	Kickbox Toning 5:30-6:15pm Macie/Lisa	Barre 5:25-6:00pm Shannon K.	TABATA Core 5:15-5:30pm Lisa			
Pilates 6:05-6:35pm Sheila	Rollga®Meditation 6:20-6:50pm Maggie		Tone™ 5:45-6:30pm Mikaela			
No Class Aug 26 FOREVER FIT 4:30-5:15pm Lori L.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Jean			CRFC Subs: -Cycling Aug 21 (Shannon B.) -Pilates Aug 8 (Reyne) -S3 Fusion Aug 13 (Lisa)	
Cycling 5:30-6:20pm Reyne	S³ Fusion 5:30-6:30pm Shannon B.	BODYPUMP™ 5:30-6:30pm Reyne	Pilates 5:30-6:00pm Shannon B.			
BODYPUMP™ 6:30-7:30pm Reyne			BODYPUMP™ 6:15-7:00pm Sarah			
					CLASSES HELD @ BSC AWC	CLASSES HELD @ CRFC

CLASS DESCRIPTIONS

Aqua Zumba®: Integrating the *Zumba* formula and philosophy with traditional *aqua* fitness disciplines, by blending it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Barre: This unique high/energy non impact workout combines the ballet barre, light weights, sponge ball, and mat work to lengthen and sculpt your muscles. Using Ballet & Pilates dynamic exercises combined with Yoga stretches, your muscles are targeted and overloaded to the point of fatigue and then stretched for relief.

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.

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.

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!

Forever Fit: A total body workout with: cardio, strength, balance, and stretch, focusing on our 'Boomer' population.

KETTLEBELLS: Combines cardio and strength training in one quick workout to maximize results. Kettlebells help you move more efficiently by addressing your body's weaknesses and muscular imbalances.

KICKBOX TONING: A great combination of muscle toning and cardiovascular conditioning! Kick, punch, bob, and weave your way to a higher fitness level.

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.

Rollga® Mediation: Each class you will be foam rolling and stretching different areas of your body to help recover, restore range of motion, improve flexibility, enhance performance and diminish aches and pains. Followed by a deep sense of relaxation.

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.

TABATA CORE: Engages all your core muscles Tabata style.

Tone™: This Les Mills class is a mix of cardio, resistance and core while playing with different training concepts to ensure everyone gets the best results from their workout. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Tone has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.

Ugi® Tabata: Combines strength, cardio and core training into a challenging, efficient and effective workout using a weighted ball Tabata style.

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 - \$6.50).

Must be at least 12 years of age and accompanied by an adult. For any questions please call 701-751-4266.