



# DECEMBER

## Fitness Class Schedule 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt 5:45-6:30am Brandi	BODYPUMP™ 5:45-6:45am Reyne	Tabata 5:45-6:30am Brandi	BODYPUMP™ 5:45-6:45am Reyne	Only Dec 3 & 10 PiYo® 5:45-6:35am Emily	BODYPUMP™ 8:00-9:00am Rotation	
	Aquabata 8:00-8:45am Risa		Aquabata 8:00-8:45am Risa	Only Dec 17 HIIT 5:45-6:35am Jes	S³ Fusion 9:15-10:15am Rotation	
	FOREVER FIT 9:00-9:45am Risa	Total Body Toning 9:00-10:00am Lori L.	Yoga 9:00-9:45am Lori L.		<b>ONLY Dec 4 &amp; 11</b> Aqua Dance 9:00-9:45am Jes M.	<b>No Class Dec 5</b> Aqua Rock 1:00-1:45pm Liane
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 Dec 4</b> Aqua Rock 10:00-10:45am Mark	<b>ONLY Dec 12</b> Aqua Dance 1:50-2:35am Jes M.
		Core30 12:15-12:45pm Sheila	Butts & Guts 12:15-12:45pm Brandi		<b>NOTES:</b> *Dec 24 & 25 No Classes	
Water Works 3:00-3:45pm Donna		Water Works 3:00-3:45pm Donna			<b>CRFC Subs:</b> -Cardio Sculpt Dec 27 (KYLE) -Cycling Dec 1 (SHANNON B) -Forever Fit Dec 27 (JES) -HIGH fitness Dec 23 & 30 (TABATA-REYNE) -Pilates Dec 9 (REYNE) -Yoga/Stretch Dec 7 (LORI L)	
	Tabata 4:45-5:30pm Riley				<b>BSC AWC Subs:</b> -Butts & Guts Dec 2 (LORI L) -Kid's Yoga Dec 7 (EMILY) -PiYo Dec 17 (HIIT-JES) -Total Body Toning Dec 29 (RISA) -Water Walking Dec 29 (RISA) -Water Works Dec 13 & 15 (DONNA) -Yoga Dec 30 (CANDACE)	
Cardio Kickboxing 5:30-6:15pm Nikhil	<b>Last day Dec 7</b> Kid's Yoga 5:45-6:15pm Lori H.				<b>CLASSES HELD @ BSC AWC POOL</b>	
Aqua Rock Deep 7:30-8:15pm Mark		Aqua Rock 6:30-7:15pm Liane	<b>Last day Dec 9</b> Kid's Fitness 5:30-6:00pm Lori H.			
			Yoga/Stretch 4:30-5:15pm Lori H.			
FOREVER FIT 4:30-5:15pm Lori L.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Jean	Pilates 5:30-6:20pm Shannon B.			
Cycling 5:30-6:20pm Reyne	S³ Fusion 5:30-6:30pm Shannon B.	BODYPUMP™ 5:30-6:30pm Reyne	<b>NEW Dec 2-16</b> HIGH fitness 6:30-7:15pm Kayla			
BODYPUMP™ 6:30-7:30pm Mikaela			<b>ONLY Dec 23 &amp; 30</b> Tabata 6:30-7:15pm Reyne		<b>CLASSES HELD @ BSC AWC FITNESS STUDIO</b>	<b>CLASSES HELD @ CRFC FITNESS STUDIO</b>

# 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.

**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.

**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.

**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.

**CORE30:** 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.

**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.

**HIIT:** High Intensity Interval Training (HIIT) is a total body workout involving intervals that combine strength with high intensity cardio bursts.

**KID'S FITNESS:** Catered to children from the ages of 4-10 years. 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! Members are free, non-members \$2.

**Kid's Yoga:** for ages 4-10 years. This class will introduce the most basic yoga postures to children in a fun, playful way. 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.

**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:** 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.

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

**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.**