



JANUARY

Fitness Class Schedule 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
NEW Cardio Sculpt 6:00-6:45am Brandi	BODYPUMP™ 5:45-6:45am Sarah K.	No class Jan 1 Tabata 6:00-6:45am Brandi	BODYPUMP™ 5:45-6:45am Sarah K.	Butts & Guts 6:00-6:45am Macie	BODYPUMP™ 8:00-9:00am Reyne	
					S ³ Fusion 9:15-10:45am Lori L.	Step 10:30-11:15am Maggie
	FOREVER FIT 9:00-9:40am Risa	S ³ Fusion 9:00-10:00am Lori L.	Yoga 9:00-9:45am Michelle		No class Jan 18 Aqua Zumba® 9:00am-9:45am Mark	Rollga® Meditation 11:20-11:50am Maggie
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			BODYPUMP™ 12:00-1:00pm Risa
TABATA 12:10-12:45pm Lisa	CORE 30 12:15-12:45pm Sheila	Kettlebells 12:15-12:45pm Lisa	CORE 30 12:15-12:45pm Sheila			No class Jan 19 Aqua Rock 1:00-1:45pm Mark
					Notes: *Jan 1 facility opens at 8am *Jan 13 Les Mills new release *Jan 18 & 19 no Aqua Zumba/Rock	
Water Works 3:50-4:30pm Dre		Water Works 3:50-4:30pm Dre			AWC Subs: -Aqua Rock Jan 5 (Heather) -Barre Jan 1 & 8 (Cardio Sculpt-Gretchen) -Core 30 Jan 21 & 23 (Lisa) -Deep Water Jan 6 (Mark) -Forever Fit Jan 7 (Mark) -S3 Fusion Jan 29 (Risa) -Tone Jan 1 & 8 (Mikaela), 27 (HIIT-Lisa) -Yoga Jan 2 (Lori L.) -Yoga Jan 1 & 20 (Lori H.) -Water Walking Jan 29 (Risa) -Water Works Jan 2, 7, 9 (Mark)	
NEW Barre 4:30-5:10pm Sarah E.	Butts & Guts 4:35-5:25pm Macie	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	Barre 5:25-6:00pm Shannon K.	TABATA Core 5:15-5:30pm Lisa			
*Tone™ 6:05-6:50pm Mikaela	Step 6:30-7:15pm Maggie	Yoga 6:15-7:00pm Candace				
NEW Aqua Rock Deep 7:15-8:00pm Heather	Rollga®Meditation 7:20-7:50pm Maggie	Aqua Rock 7:45-8:30pm Renita				
FOREVER FIT 4:30-5:15pm Lori L.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Jean	HIIT 4:45-5:20pm Macie		CRFC Subs: -BODYPUMP Jan 5 & 26 (Reyne), 18 (Shannon), 22 (Risa), 25 (Sarah K.) -Cycling Jan 1, 15, 22 (Shannon B.) -HIIT Jan 2 (Gretchen) -Pilates Jan 16 (Reyne) -Pure Strength Jan 16 (Reyne) -Rollga Jan 26 (Brandi) -Step Jan 26 (HIIT-Brandi) -Tabata Jan 13 (Brandi)	
Cycling 5:30-6:20pm Reyne	S ³ 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			Pure Strength 6:10-6:40pm Shannon B.			
	Starts Jan 14 Kid's Yoga 5:45-6:15pm Lori H.		Starts Jan 16 Kid's Fitness 5:30-6:00pm Lori H.		CLASSES HELD @ BSC AWC	CLASSES HELD @ CRFC

CLASS DESCRIPTIONS

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.

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. Class is in the shallow water.

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.

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.

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

HIIT: High Intensity Interval Training is a total body workout. This interval-based class combines strength with high intensity cardio bursts.

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.

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. Class is in Community Room 2 at the Aquatic Center. 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.

PURE STRENGTH: Focuses on strengthening all the major muscle groups using a variety of equipment.

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.

Step: Strengthen, tone, and improve coordination. This class uses a step platform for an effective cardio workout.

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.

Ug® 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.