



# AUGUST

## 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	PiYo® 5:45-6:35am Emily	BODYPUMP™ 8:00-9:00am Rotation	<b>Aug. 1st</b>  <b>AquaRock</b> <b>@ Hillside</b>  <b>11-11:45am</b>  <b>\$4 admission</b>
	Aquabata 8:00-8:45am Risa		Aquabata 8:00-8:45am Risa			
*FitLot 8:30-9:15am Risa	FOREVER FIT 9:00-9:45am Risa	Outdoor Total Body 9:00-10:00am Lori L.	Yoga 9:00-9:45am Lori L.		No Class Aug 14 *FitLot 8:30-9:15am Maggie/Risa	
Deep Water 10:00-10:45am Risa	No Class Aug 10 Water Works 10:00-10:45am Risa	No Class Aug 11 Water Walking 10:15-11:00am Lori L.	No Class Aug 12 Water Works 10:00-10:45am Risa		Aqua Rock 10:00-10:45am Mark	
		*FitLot 11:30-12:15am Lori L.	No Class Aug 26 *FitLot 9:00-9:45am Kyle		<b>NOTES:</b> *Aug 9-13 Swim Camp *FitLot classes are FREE to everyone. They are held at Jaycee Park. Registration is required. <a href="http://fitlot.org/parks/bismarck/">fitlot.org/parks/bismarck/</a>	
No Class Aug 9 Water Works 3:45-4:30pm Risa		No Class Aug 11 Water Works 3:45-4:30pm Risa				
	Tabata 4:45-5:30pm Jes				<b>CRFC Subs:</b> -BODYPUMP Aug 11 (MIKAELA) -BODYPUMP Aug 12 (HIIT-KYLE) -BODYPUMP Aug 23 (REYNE) -Cardio Sculpt Aug 30 (KYLE) -Cycling Aug 4 (TANNER) -Cycling Aug 11 (SHANNON B) -Yoga/Stretch Aug 10 (LORI L)	
Aqua Rock Deep 6:30-7:15pm Sherry		Aqua Rock 6:30-7:15pm Sherry			<b>BSC AWC Subs:</b> -PiYo Aug 6 (HIIT-KYLE) -Tabata Aug 3 & 10 (LISA)	
FOREVER FIT 4:30-5:15pm Lori L.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Jean	No class Aug 12 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	CLASSES HELD @ JAYCEE PARK FITLOT
BODYPUMP™ 6:30-7:30pm Mikaela					CLASSES HELD @ BSC AWC FITNESS STUDIO	CLASSES HELD @ CRFC FITNESS STUDIO

# CLASS DESCRIPTIONS

**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.

**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.

**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.

**FitLot:** Outdoor circuit training workout at Jaycee Centennial Park. This class is FREE to the public but registration is required. <https://fitlot.org/parks/bismarck/>

**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.

**OUTDOOR TOTAL BODY:** A variety of cardio will take place outside (weather permitting) followed by strength and stretch in the studio. Class will meet in the fitness studio.

**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.

**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 - \$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.**