



AUGUST

Fitness Class Schedule 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Cardio Sculpt 5:45-6:30am Maggie	BODYPUMP™ 5:45-6:45am Sarah K.	Tabata 5:45-6:30am Maggie	BODYPUMP™ 5:45-6:45am Sarah K.		BODYPUMP™ 8:00-9:00am Rotation	Aug 2,9,16,23 at 11-11:45am Aqua Rock @ Hillside \$4 admission no sign ups.	
					Aqua Zumba® 9:00am-9:45am Mark		
	FOREVER FIT 9:00-9:40am Risa	Outdoor Total Body 9:00-10:00am Lori L.	Yoga 9:00-9:45am Lori L.		Aqua Rock 10:00am-10:45am Mark		
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		UPDATES: *Aug 10 Les Mills new release *Outdoor classes will meet in the fitness studio. *Fitness studio class size is limited to 7 @ BSC AWC and 8 @ CRFC *Sign up at the front desk to reserve your spot in class, must sign up in person the day of class.		
					CRFC Subs: -Cardio Sculpt Aug 17 (REYNE) -Tabata Aug 19 (REYNE) -Yoga/Stretch Aug 25 & 27 (LORI L.)		
Water Works 3:50-4:30pm Dre		Water Works 3:50-4:30pm Dre			BSC AWC Subs: -Core 30 Aug 18 (NIKHIL) -Step Aug 18 (KICKBOXING—NIKHIL)		
Outdoor HIIT 4:30-5:15pm Sarah E.		Tone™ 4:30-5:15pm Shannon K.	Tabata 4:30-5:15pm Lisa		CLASSES HELD @ BSC AWC POOL		
Tone™ 5:30-6:15pm Mikaela	Core 30 5:45-6:15pm Maggie	Barre 5:25-6:00pm Shannon K.	Pedal + Pump 5:30-6:15pm Lisa				
Aqua Rock Deep 6:30-7:15pm Heather	Step 6:30-7:15pm Maggie	Aqua Rock 6:15-7:00pm Sherry					
					CLASSES HELD @ BSC AWC FITNESS STUDIO		
FOREVER FIT 4:30-5:15pm Lori L.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Shannon B/Lisa	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.				
BODYPUMP™ 6:30-7:30pm Reyne				CLASSES HELD @ BSC AWC FITNESS STUDIO		CLASSES HELD @ CRFC FITNESS STUDIO	

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.

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

OUTDOOR HIIT: Taking High Intensity Interval Training (HIIT) outdoors (weather permitting-class will be moved to indoors when needed). HIIT is a total body workout involving intervals that combine strength with high intensity cardio bursts. Please bring your own beach towel. Class will meet in the fitness studio.

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.

PEDAL + PUMP: This intense full body workout combines cycling and strength exercises for the perfect cardio strength cardio strength workout.

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.

S³ Fusion: Spin/Step, Sculpt, Stretch. This class has the perfect balance for an effective workout involving cardio, strength, and flexibility.

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

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.

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.

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).

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