



# JUNE

## Fitness Class Schedule 2022

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 Mikaela/Shannon	<b>June 12 &amp; 26</b>  <b>Aqua Rock @ Hillside</b>  <b>11-11:45am</b>  <b>\$4 admission</b>
<b>Starts June 20</b> *FitLot—Series 5:45-6:30am Maggie	Aquabata 8:00-8:45am Risa	<b>Starts June 22</b> *FitLot—Series 5:45-6:30am Maggie	Aquabata 8:00-8:45am Risa			
<b>Only June 13 &amp; 27</b> *FitLot 8:30-9:15am Risa	FOREVER FIT 9:00-9:45am Risa	Total Body Toning 9:00-10:00am Lori L.	CBS 9:00-9:45am Risa	Yoga/Stretch 9:00-9:45am Lori H.	<b>No Class June 4</b> Aqua Dance 9:00-9:45am Jes M.	
Deep Water 10:00-10:45am Risa	Water Works 10:00-10:45am Risa	Water Walking 10:15-11:00am Lori L.	<b>No Class June 2</b> Water Works 10:00-10:45am Risa	Kick'n AQUA 10:00-11:00am Besime	<b>No Class June 4</b> Aqua Rock 10:00-10:45am Mark	
HIIT 12:15-12:45pm Jessica R.		<b>Starts June 8</b> *FitLot 11:30-12:15pm Lori L.	Butts & Guts 12:15-12:45pm Brandi	<b>Only June 3 &amp; 17</b> *FitLot—Intro. 10:00-10:45am Jessica R.	<b>NOTES:</b> *FitLot classes at Jaycee Park are FREE to everyone. Registration is required. <a href="http://fitlot.org/parks/bismarck/">fitlot.org/parks/bismarck/</a>  	
Water Works 3:00-3:45pm Jessica R.		Water Works 3:00-3:45pm Jessica R.			<b>CRFC Subs:</b> -Cardio Sculpt June 6 & 27 (REYNE) -Cycling June 1 & 29 (JEAN) -Forever Fit June 6 & 27 (BESIME) -Tabata June 8 & 29 (REYNE) -Yoga/Stretch June 9 (CANDACE)	
	Tabata 5:30-6:15pm Riley		Strength + Core 5:30-6:30pm Riley		<b>BSC AWC Subs:</b> -Aquabata June 2 (LORI L) -Aqua Rock June 18 (LIANE) -Butts & Guts June 30 (RISA) -CBS June 2 (LORI L) -Yoga/Stretch June 24 (LORI L)	
<b>NEW TIME</b> Aqua Rock Deep 6:30-7:15pm Laura		Aqua Rock 6:30-7:15pm Liane				
FOREVER FIT 4:30-5:15pm Jes J.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Reyne	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

**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.

**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.

**CBS:** Core, Balance, Stretch. This class will concentrate on improving your core strength, balance, and flexibility.

**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:** In these outdoor circuit training classes you will get a full body workout at Jaycee Centennial Park. ALL FitLot classes are FREE to the public but registration is required. <https://fitlot.org/parks/bismarck/>

- **FitLot Intro:** In Learn proper form, safe equipment use and the format of FitLot method circuit training classes in a slower-paced, light-effort instructional setting.
- **FitLot Series:** This multi-week series provides a full-body and fun workout in a small group setting. This is perfect for people starting a new fitness routine. Registration is accepted throughout the series. Start anytime.

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

**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.

**Strength + Core:** Isolate and exercise your core while building strength, stability, and endurance. Tone and strengthen muscles dedicated to balance, injury prevention, and centralized force. Experience a unique combination of dedicated abdominal, hip, glute, and lower back exercises for maximum results.

**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/STRETCH:** Using traditional and yoga inspired stretches to increase range of motion, flexibility, balance and your ability to avoid future injuries.

**Kick'n AQUA:** Jab, Punch, kick against the waters resistance in shallow water. The class will also incorporate a variety of low impact cardio and strength moves for a full body workout.

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