

OCTOBER

Fitness Class Schedule 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt 5:45-6:30am Kyle/Brandi	BODYPUMP™ 5:45-6:45am Reyne	Tabata 5:45-6:30am Brandi/Kyle	BODYPUMP™ 5:45-6:45am Reyne	Butts & Guts 6:00-6:45am Macie	BODYPUMP™ 8:00-9:00am Rotation	
					NEW S ³ Fusion 9:15-10:15am Lori L./Jean/Reyne	
	FOREVER FIT 9:00-9:45am Risa	Total Body 9:00-10:00am Lori L.	Yoga 9:00-9:45am Lori L.		No Class Oct 17 Aqua Dance 9:00-9:45am 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		No Class Oct 17 Aqua Rock 10:00-10:45am Mark	Aqua Rock 1:00-1:45pm Tara
					UPDATES: *Oct 6 Kid's Yoga starts *Oct 8 Kid's Fitness starts *Oct 17 No Aqua Dance/Rock *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.	
		NEW Kettlebells 12:10-12:45pm Sarah E.				
Water Works 3:50-4:30pm Dre		Water Works 3:50-4:30pm Dre				
HIIT 4:30-5:15pm Sarah E.	Tabata 4:45-5:30pm Macie	Tabata Tone 4:30-5:15pm Shannon K.	Tabata 4:30-5:15pm Lisa		CRFC Subs: -Cycling Oct 7 & 14 (SHANNON B.) -Pilates Oct 15 (REYNE)	
Tone™ 5:30-6:15pm Mikaela	Core 30 5:45-6:15pm Maggie		Pedal + Pump 5:30-6:15pm Lisa			
Aqua Rock Deep 7:15-8pm Mark	Step 6:30-7:15pm Maggie	Aqua Rock 6:15-7:00pm Sherry			BSC AWC Subs: -Aqua Rock Oct 4 (HEATHER) -Butts & Guts Oct 23 (KYLE) -Tabata Tone Oct 7 (MIKAELA)	
	Starts Oct. 6 Kid's Yoga 5:45-6:15pm Lori H.		Starts Oct. 8 Kid's Fitness 5:30-6:00pm Lori H.			
FOREVER FIT 4:30-5:15pm Lori L.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Jean	Yoga/Stretch 4:30-5:15pm Lori H.			
Cycling 5:30-6:20pm Reyne	S ³ Fusion 5:30-6:30pm Shannon B.	BODYPUMP™ 5:30-6:30pm Reyne	Pilates 5:30-6:20pm Shannon B.		CLASSES HELD @ BSC AWC POOL	
BODYPUMP™ 6:30-7:30pm Sarah K.					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 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.

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

HIIT: High Intensity Interval Training (HIIT) is a total body workout involving intervals that combine 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.

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.

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.

TOTAL BODY: 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.

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.