



# APRIL

## Fitness Class Schedule 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt 5:45-6:30am Kyle	BODYPUMP™ 5:45-6:45am Reyne	Tabata 5:45-6:30am Kyle	BODYPUMP™ 5:45-6:45am Reyne	Butts & Guts 6:00-6:45am Macie	BODYPUMP™ 8:00-9:00am Rotation	<b>NO CLASS APRIL 4TH</b>  <b>FACILITIES CLOSED</b>
					S <sup>3</sup> Fusion 9:15-10:15am Jean/Lori L.	
	FOREVER FIT 9:00-9:45am Christy	Total Body Toning 9:00-10:00am Lori L.	Yoga 9:00-9:45am Lori L.		Aqua Dance 9:00-9:45am Mark	
Deep Water 10:00-10:45am Lori L.	Water Works 10:00-10:45am Christy	Water Walking 10:15-11:00am Lori L.	Water Works 10:00-10:45am Lori L.		Aqua Rock 10:00-10:45am Mark	
					<b>UPDATES:</b> *Apr 4 Facilities Closed *Apr 5 BODYPUMP new release *Apr 12 No Water Works *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.	
No Class Apr 12 Water Works 3:50-4:30pm Maggie		NEW Tabata Tone 12:15-12:45pm Shannon K.			<b>CRFC Subs:</b> -BODYPUMP Apr 12 (STRENGTH-SHANNON B.) -BODYPUMP Apr 13,14,15 (RISA) -Cardio Sculpt Apr 19 (MAGGIE) -Cycling Apr 12 (LORI L.) -Pilates Apr 1 (REYNE) -Tabata Apr 7 (MAGGIE) -Yoga/Stretch Apr 20 & 22 (LORI L.)	
Kickbox Toning 4:30-5:15pm Macie	Tabata 4:45-5:30pm Macie				<b>BSC AWC Subs:</b> -Aqua Dance Apr 3 & 10 (CAMILLE) -Butts & Guts Apr 2 & 5 (JES) -Kickbox Toning Apr 5 (JES) -Water Works Apr 14 & 28 (LORI L.)	
Butts & Guts 5:20-6:00pm Macie	NEW 4-3-2-1 DONE 5:40-6:20pm Jes	PiYo® 5:30-6:20pm Emily			<b>CLASSES HELD @ BSC AWC POOL</b>	
Aqua Rock Deep 7:15-8pm Sherry		Aqua Rock 6:15-7:00pm Sherry			CLASSES HELD @ BSC AWC FITNESS STUDIO	CLASSES HELD @ CRFC FITNESS STUDIO
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 <sup>3</sup> 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						

# CLASS DESCRIPTIONS

**4-3-2-1 DONE:** This efficient, effective workout consists of 4 rounds of 3 minutes strength, 2 minutes cardio, 1 minute core. The format is consistent but the movements vary keeping you engaged every class.

**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.

**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.

**KICKBOX TONING:** A great combination of muscle toning and cardiovascular conditioning! Kick, punch, bob, and weave your way to a higher fitness level.

**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.

**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:** 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.**