



JANUARY

Fitness Class Schedule 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt 6:00-6:45am Brandi	BODYPUMP™ 5:45-6:45am Reyne/Sarah E.	Tabata 6:00-6:45am Brandi	BODYPUMP™ 5:45-6:45am Reyne/Sarah E.	No Class Jan. 1 Butts & Guts 6:00-6:45am Macie	BODYPUMP™ 8:00-9:00am Rotation	
					S³ Fusion 9:15-10:15am Reyne/Lori L.	
	FOREVER FIT 9:00-9:45am Lori L.	Total Body Toning 9:00-10:00am Lori L.	Yoga 9:00-9:45am Lori L.		No Class Jan. 16 Aqua Dance 9:00-9:45am Mark	
Deep Water 10:00-10:45am Lori L.	Water Works 10:00-10:45am Lori L.	Water Walking 10:15-11:00am Lori L.	Water Works 10:00-10:45am Lori L.		No Class Jan 9 & 16 Aqua Rock 10:00-10:45am Mark	Aqua Rock 1:00-1:45pm Tara
					UPDATES: *Jan 1 No classes *Jan 12 & 14 Kid's Yoga/Fitness starts *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.	
		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.			CRFC Subs: -Kettlebells Jan 6 (KYLE) -Kettlebells Jan 27 (CHRISTINA) -Pilates Jan 14 & 21 (REYNE) -Yoga/Stretch Jan 5 & 7 (LORI L)	
	Step 5:45-6:30pm Maggie					
Aqua Rock Deep 7:15-8pm Sherry		Aqua Rock 6:15-7:00pm Sherry			BSC AWC Subs: -Forever Fit Jan 26 (CHRISTINA) -HIIT Jan 4 & 25 (MAGGIE) -Step Jan 12 & 19 (HIIT—MACIE) -Tabata Tone Jan 6 (KYLE) -Water Works Jan 26 & 28 (CHRISTINA) -Yoga Jan 28 (LORI H)	
	Starts Jan. 12 Kid's Yoga 5:45-6:15pm Lori H.		Starts Jan. 14 Kid's Yoga 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 Shannon B.	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	
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 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.

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.

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.

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).

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