

MARCH

Fitness Class Schedule 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt 6:00-6:45am Brandi	BODYPUMP™ 5:45-6:45am Sarah K.	Tabata 6:00-6:45am Brandi	BODYPUMP™ 5:45-6:45am Sarah K.	Butts & Guts 6:00-6:45am Macie	BODYPUMP™ 8:00-9:00am Rotation	Step 10:30-11:15am Maggie
					S³ Fusion 9:15-10:45am Lori L.	Rollga® Meditation 11:20-11:50am Maggie
	FOREVER FIT 9:00-9:40am Risa	S³ Fusion 9:00-10:00am Lori L.	Yoga 9:00-9:45am Michelle		Aqua Zumba® 9:00am-9:45am Mark	BODYPUMP™ 12:00-1:00pm Rotation
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			Aqua Rock 1:00-1:45pm Mark
TABATA 12:10-12:45pm Lisa	CORE 30 12:15-12:45pm Sheila	Kettlebells 12:15-12:45pm Lisa	CORE 30 12:15-12:45pm Sheila		Glide Fit <ul style="list-style-type: none"> • Mon, Mar 23 & 30 @ 5:30pm (Jenn) • Wed, Mar 25 @ 5:30pm (Jenn) • Thursday, Mar 5 @ 7:30pm (Jenn) • Friday, Mar 6,13,27 @ 12pm (Renita) • Saturday, Mar 28 @ 10am (Jenn) <p>*Classes are 45 minutes *Members: \$4, Non-members: \$8 *Pre-registration only (online/front desk)</p>	
Water Works 3:50-4:30pm Mark		Water Works 3:50-4:30pm Risa				
Barre 4:30-5:10pm Sarah E.	Butts & Guts 4:35-5:25pm Macie	Tone™ 4:30-5:15pm Shannon K.	TABATA 4:45-5:15pm Lisa			
UGI TABATA 5:15-6:00pm Lisa/Macie	Kickbox Toning 5:30-6:15pm Macie	Barre 5:25-6:00pm Shannon K.	TABATA Core 5:15-5:30pm Lisa			
Tone™ 6:05-6:50pm Mikaela	Step 6:30-7:15pm Maggie	Yoga 6:15-7:00pm Candace	Pedal + Pump 5:45-6:15pm Lisa			
Aqua Rock Deep 7:15-8:00pm Heather	Rollga®Meditation 7:20-7:50pm Maggie	Aqua Rock 7:45-8:30pm Renita			AWC Subs: <ul style="list-style-type: none"> -Aqua Zumba Mar 28 (Camile) -Barre Mar 11 (Sarah E.) & 16 (Gretchen) -Deep Water Mar 9 & 16 (Lori L.) -Forever Fit Mar 10 & 17 (Lori L.) -Kid's Yoga Mar 10 & 17 (Renita) -Pedal + Pump Mar 5 (Gretchen) -Rollga Mar 3 & 10 (Jenn) -Step Mar 3 & 10 (Jenn) -Tabata Mar 5 (Gretchen) -Tone Mar 11 (HIIT—Sarah E.) -Water Works Mar 10,11,12,17,18,19 (Lori L) -Yoga Mar 19 (Lori L) 	
FOREVER FIT 4:30-5:15pm Lori L.	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Jean	HIIT 4:45-5:20pm Macie			
Cycling 5:30-6:20pm Reyne	S³ Fusion 5:30-6:30pm Shannon B.	BODYPUMP™ 5:30-6:30pm Reyne	Pilates 5:30-6:00pm Shannon B.			
*BODYPUMP™ 6:30-7:30pm Reyne			Pure Strength 6:10-6:40pm Shannon B.			
	Kid's Yoga 5:45-6:15pm Lori H.		Kid's Fitness 5:30-6:00pm Lori H.		CLASSES HELD @ BSC AWC	CLASSES HELD @ CRFC

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.

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.

GLIDE FIT: Burn calories, improve strength, balance, and flexibility in a fun, new way geared for all fitness levels. Participants will balance on a GlideFit board in the water, to a high intensity interval formatted class with low impact. An additional fee applies to take the class and sign up is required. Sign up at the front desk or online at bisparks.org. The class will meet on the pool deck at the BSC Aquatic & Wellness Center.

HIIT: High Intensity Interval Training is a total body workout. This interval-based class combines 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.

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.

PURE STRENGTH: Focuses on strengthening all the major muscle groups using a variety of equipment.

Rollga® Meditation: Each class you will be foam rolling and stretching different areas of your body to help recover, restore range of motion, improve flexibility, enhance performance and diminish aches and pains. Followed by a deep sense of relaxation.

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

S³ 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.

TABATA CORE: Engages all your core muscles Tabata style.

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.

Ugi® Tabata: Combines strength, cardio and core training into a challenging, efficient and effective workout using a weighted ball Tabata style.

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.