

MAY

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	No Class May 28 BODYPUMP™ 8:00-9:00am Rotation	
NO CLASSES MEMORIAL DAY MAY 30TH	Aquabata 8:00-8:45am Risa		Aquabata 8:00-8:45am Risa		No Class May 28 S³ Fusion 9:15-10:15am Rotation	No Class May 29 Kick'n Spirit 10:15-11:15am Besime
	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.	Aqua Dance 9:00-9:45am Jes M.	No Class May 29 Kick'n Step 11:20-12:20pm Besime
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	NEW Kick'n AQUA 10:00-11:00am Besime	Aqua Rock 10:00-10:45am Mark	Aqua Rock 1:00-1:45pm Liane
HIIT 12:15-12:45pm Jessica	Quick HIIT 11:20-11:45am Kyle	Core30 12:15-12:45pm Sheila	Butts & Guts 12:15-12:45pm Brandi		NOTES: *May 12 Free Class—Strength + Core *May 16 Pool moves to long course *May 28 Yoga 11am @ Sibley (LORI H) *May 30 No Classes—Memorial Day	
Water Works 3:00-3:45pm Jessica R.		Water Works 3:00-3:45pm Jessica R.				
		Kick'n Spirit 4:45-5:45pm Besime		No Class May 27 AquaTone 5:15-6:00pm Liane	CRFC Subs: -Cycling May 4 (SHANNON) -Yoga/Stretch May 17 (RILEY) -Yoga/Stretch May 19 (BESIME)	
	Tabata 5:30-6:15pm Riley	Kick'n Step 6:00-7:00pm Besime	Strength + Core 5:30-6:30pm Riley		BSC AWC Subs: -Aquabata May 10, 12, 26 (LORI L) -Aquabata May 5 & 31 (JESSICA) -Aqua Rock May 25 & 29 (MARK) -CBS May 5 (JESSICA) -CBS May 12 & 26 (LORI L) -Deep Water May 9 (LORI L) -Forever Fit May 10 (LORI L) -Forever Fit May 31 (JESSICA R) -PiYo May 27 (HIIT-BRANDI) -Strength + Core May 19 (REYNE) -Tabata May 24 (REYNE) -Water Works May 5 & 31 (JESSICA R) -Water Works May 10, 12, 26 (LORI L) -Yoga/Stretch May 20 (LORI L)	
Aqua Rock Deep 7:30-8:15pm Laura		Aqua Rock 6:30-7:15pm Liane			CLASSES HELD @ BSC AWC POOL	
FOREVER FIT 4:30-5:15pm Besime	Yoga/Stretch 4:30-5:15pm Lori H.	Cycling 4:30-5:15pm Shannon B.	Yoga/Stretch 4:30-5:15pm Lori H.		CLASSES HELD @ BSC AWC FITNESS STUDIO	
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.			
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.

AquaTone: A shallow water workout using a variety of resistance equipment to strengthen and tone.

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.

CORE30: 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.

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.

Strenth + 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.

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.

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.

Kick'n Spirit: Is a non-contact, highly effective athletic cardio workout using shadow kickbox, martial arts, and cultural dance fitness interchanges while using world artistic music. We jab, punch, kick, guard, move, dance, and speak positive Word(s) while incorporating training techniques to increase your speed, stamina, endurance, and reflexes. A variety of resistance equipment will also be used to increase muscle strength. Not only will you get a total body workout, but it will leave you inspired to return.

Kick'n Step: This moderate to high intensity cardio workout uses the step platform while doing upper body movements. A variety of resistance equipment will also be used to increase muscle strength.

QUICK HIIT: High Intensity Interval Training is a total body workout. This interval-based class combines strength with high intensity cardio bursts.

NOW HIRING Group Fitness Instructors! Contact Lindsay Berg at lberg@bisparks.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.