



OCTOBER

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	BODYPUMP™ 8:00-9:00am Rotation	
	Aquabata 8:00-8:45am Risa		Aquabata 8:00-8:45am Risa		NEW Kick'n SPIRIT 9:15-10:15am 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.	AquaBalance 8:00-8:45am Jessica R.	
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	Kick'n AQUA 10:00-11:00am Besime	Aqua Dance 9:00-9:45am Jes M.	Aqua Rock 1:00-1:45pm Liane
Cardio + Strength 12:15-12:45pm Jessica R.			Butts & Guts 12:15-12:45pm Brandi		Aqua Rock 10:00-10:45am Mark	
NEW TIME Water Works 3:45-4:30pm Jessica R.		NEW TIME Water Works 3:45-4:30pm Jessica R.			NOTES: *Oct 10 BODYPUMP New Release CRFC Subs: -BODYPUMP Oct 1 (RISA) -BODYPUMP Oct 4 & 5 (RILEY) -Cycling Oct 3 (SHANNON B) -Cycling Oct 5 (TANNER) -Forever Fit Oct 3 (JES J) -Kid's Yoga Oct 11 (JESSICA R) -Yoga/Stretch Oct 11 (JESSICA R)	
		Slow Burn 5:00-5:45pm Jessica R.				
	Tabata 5:30-6:15pm Riley		Strength + Core 5:30-6:30pm Riley	No Class Oct 28 Aqua Rock 5:15-6:00pm Liane		
NEW-Starts Oct 10 Do You Bounce? 5:30-6:30pm Jules		NEW-Starts Oct 12 Do You Bounce? 6:00-7:00pm Jules	ONLY Oct 6 Do You Bounce? 6:45-7:45pm Jules			
NEW Time Aqua Rock Deep 7:30-8:15pm Sherry					BSC AWC Subs: -Aqua Dance Oct 22 (MARK) -Aqua Rock Oct 30 (MARK) -Strength + Core Oct 6 (JESSICA) -Strength + Core Oct 13 (MAGGIE) -Tabata Oct 11 (MAGGIE)	
FOREVER FIT 4:30-5:15pm Maggie	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	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 Mikaela	Starts Oct 4 Kid's Yoga 5:30-6:00pm Lori H.		Starts Oct 6 Kid's Fitness 5:30-6:00pm Lori H.			CLASSES HELD @ BSC AWC 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.

AquaBalance: Deepen your connection to your body with gentle aquatic movement. A combination of stretching, balance, and core work will help increase flexibility and improve stability.

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.

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 + Strength: A short and sweet interval style workout that combines cardio moves with free weights and kettlebells.

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.

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.

Do You Bounce?: Bounce, also called Rebounding, is an energizing aerobic workout on mini trampolines will strengthen every muscle and bone in your body. It aides in removing toxins from the body, improves overall coordination, balance, and flexibility. We promote mental well-being into our routines with music choices, positive affirmations, words of self-confidence, and encourage one another to show up as themselves, unapologetically. Experience the outrageously fun, fresh, fiercely energetic, and effective multi-dimensional movements that will lead to positive transformation in your wellness journey.

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.

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.

KID'S FITNESS: 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! Ages 4-10 years. Members are free, non-members \$2.

Kid's Yoga: This class will introduce the most basic yoga postures to children in a fun, playful way. Ages 4-10 years. Members are free, non-members \$2.

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.

Slow Burn: A slow approach to resistance training that uses resistance bands, sliders, and light weights. This class will focus on building strength and reinforcing good form by slowing down each movement. Slow resistance training can help improve coordination, movement control and reduce the risk of injury.

Strengthen + 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.