



# AUGUST

## Fitness Class Schedule 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	BODYPUMP™ 5:45-6:45am Reyne	<b>NEW</b> Strength+Core 5:45-6:30am Maggie	BODYPUMP™ 5:45-6:45am Reyne		No Class Aug 31 BODYPUMP™ 8:00-9:00am Rotation	<b>Only Aug 4 Aqua Rock at Hillside 11-11:45am</b>
	<b>ONLY Aug 20 &amp; 27</b> Aquabata 8:00-8:45am Risa		<b>ONLY Aug 22 &amp; 29</b> Water Works 8:00-8:45am Risa		<b>ONLY Aug 24 &amp; 31</b> Aqua Dance 9:00-9:45am Jes M.	
<b>ONLY Aug 19 &amp; 26</b> AquaFIT 9:00-9:45am Jes M.		<b>ONLY Aug 21 &amp; 28</b> AquaCORE 9:00-9:45am Jes M.		<b>ONLY Aug 23 &amp; 30</b> AquaFIT 9:00-9:45am Jes M.	<b>ONLY Aug 24 &amp; 31</b> AquaFIT 10:00-10:45am Jes M.	
	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.	<b>ONLY Aug 3</b> 10am Aqua Dance 11am AquaFIT at Hillside	
<b>ONLY Aug 19 &amp; 26</b> Deep Water 10:00-10:45am Risa	<b>ONLY Aug 20 &amp; 27</b> Water Works 10:00-10:45am Risa	<b>ONLY Aug 21 &amp; 28</b> Water Walking 10:15-11:00am Lori L.	<b>ONLY Aug 22 &amp; 29</b> Aquabata 10:00-10:45am Risa		<b>ONLY Aug 10 &amp; 17</b> 11am AquaFIT at Elks	
		<b>No Class Aug 7</b> FitLot* 11:30-12:15pm Lori L.			<b>NOTES:</b> *Aug 1-17 No indoor aquatic classes *Aug 3-17 Outdoor pool fitness classes are FREE for members (scan member card), \$5 for non-members.  <b>CRFC Subs</b> -BODYPUMP Saturday rotation: *Aug 3 (SHANNON K) *Aug 10 (REYNE) *Aug 17 & 24 (RISA) -BODYPUMP Aug 5 (REYNE) -Cycling Aug 19 (SHANNON B) -Forever Fit Aug 19 & 26 (Jes J) -Pilates Aug 29 (REYNE) -S <sup>3</sup> Fusion Aug 27 (REYNE) -Strength+Core Aug 21 & 28 (REYNE)	
		<b>ONLY Aug 21 &amp; 28</b> AquaFIT 3:30-4:15pm Maggie				
		<b>ONLY Aug 7 &amp; 14</b> Step 4:30-5:15pm Maggie				
<b>ONLY Aug 19 &amp; 26</b> AquaCORE 5:30-6:15pm Jes M.	Tabata 5:30-6:15pm Maggie		Strength+Core 5:30-6:30pm Maggie			
	<b>ONLY Aug 27</b> Aqua Rock 6:00-6:45pm Kisha					
FOREVER FIT 4:30-5:15pm Maggie	Yoga/Stretch 4:30-5:15pm Lori H.		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 Risa						
				CLASSES HELD @ BSC AWC POOL		CLASSES HELD @ JAYCEE PARK FITLOT
				CLASSES HELD @ BSC AWC FITNESS STUDIO		CLASSES HELD @ CRFC FITNESS STUDIO

# CLASS DESCRIPTIONS

**Aquabata:** This shallow water workout includes aerobic and anaerobic training exercises in a Tabata format.

**AquaCORE:** This class will use floatation belts in the shallow pool to incorporate abdominal exercises, cardio, and stability.

**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. Class is in the shallow water.

**AquaFIT:** Use the resistance of water to improve cardiovascular fitness, core strength, endurance and overall tone in the shallow pool.

**Aqua Rock Fitness®:** This high energy, low impact class is for everyone. Jab, punch, and kick to classic rock music in the shallow pool. Aqua Rock Deep is in the deep 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.

**CBS:** Core, Balance, Stretch. This class will concentrate on improving your core strength, balance, and flexibility.

**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.

**FitLot:** In these outdoor circuit training classes you will get a full body workout at Jaycee Centennial Park. ALL FitLot classes are FREE to the public but pre-registration is required. <https://fitlot.org/parks/bismarck/>

**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.

**Strength + 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.

**Step:** This class uses cardio work to produce an easy-to-learn and effective workout. Strengthen, tone, and improve coordination using a step platform.

**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/STRETCH:** Using traditional and yoga inspired stretches to increase range of motion, flexibility, balance and your ability to avoid future injuries.



**NOW HIRING Group Fitness Instructors! Contact Linsay Berg at [Lberg@bisparks.org](mailto:Lberg@bisparks.org)**

Group Fitness Classes are FREE for BSC AWC/CRFC members. Non-members a daily admission fee applies (\$5 - \$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.