



# DECEMBER

## Fitness Class Schedule 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TABATA 5:45-6:30am Brandi	BODYPUMP™ 5:45-6:45am Reyne	Strength+Core 5:45-6:30am Maggie	BODYPUMP™ 5:45-6:45am Reyne	Strength+Core 5:45-6:30am Brandi	BODYPUMP™ 8:00-9:00am Reyne	
	Aquabata 8:00-8:45am Risa		Water Works 8:00-8:45am Risa		<b>No Class Dec 21</b> Aqua Dance 9:00-9:45am Jes M.	
AquaFIT 9:00-9:45am Jes M.		AquaCORE 9:00-9:45am Jes M.		AquaFIT 9:00-9:45am Jes M.	<b>No Class Dec 21</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>NOTES:</b> *Dec 24 No classes after 12pm *Dec 25 No Classes *Dec 31 No Classes after 3pm	
Deep Water 10:00-10:45am Risa	Water Works 10:00-10:45am Risa	Water Walking 10:15-11:00am Lori L.	Aquabata 10:00-10:45am Risa		<b>CRFC Subs</b> -BODYPUMP Dec 7 (SHANNON K.) -BODYPUMP Dec 23 (REYNE) -TABATA Dec 2 & 9 (KYLE) -TABATA Dec 23 (MAGGIE) -Yoga/Stretch Dec 19 (CANDACE)	
YPS 12:10-12:50pm Sheila						
		AquaFIT 3:30-4:15pm Maggie				
AquaCORE 5:30-6:15pm Jes M.			Step 5:30-6:15pm Maggie		<b>BSC AWC Subs:</b> -Aquabata Dec 10 (LORI L) -Aquabata Dec 12 (JES M) -AquaFIT Dec 6 (KATHY) -CBS Dec 12 (MAGGIE) -Deep Water Dec 9 & 23 (LORI L) -Forever Fit Dec 10 (LORI L) -Water Works Dec 10 (LORI L) -Water Works Dec 12 (KATHY) -YPS Dec 16 (LORI L) -Yoga/Stretch Dec 20 (LORI L)	
FOREVER FIT 4:30-5:15pm Maggie	<b>No Class Dec 24 &amp; 31</b> Yoga/Stretch 4:30-5:15pm Lori H.		Yoga/Stretch 4:30-5:15pm Lori H.			
Cycling 5:30-6:20pm Reyne	<b>No Class Dec 24 &amp; 31</b> 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					<b>CLASSES HELD @ BSC AWC FITNESS STUDIO</b>	<b>CLASSES HELD @ CRFC FITNESS STUDIO</b>

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

# CLASS DESCRIPTIONS

**Aquabata:** This shallow water workout includes aerobic and anaerobic training exercises in a Tabata format. It is a quick and effective workout that includes a variety of 20 second high-intensity anaerobic exercises followed by a 10-second recovery.

**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.

**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.

**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.

**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.

**Sweatin' the Stuffin':** Total body toning implementing a variety of cardio exercises followed by strength and stretch.

**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.

**YPS:** Yoga, Pilates, Stretch will focus on functional body weight exercises while implementing breathing techniques to improve core strength, balance, flexibility, and range of motion.

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**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.**