



JULY

Fitness Class Schedule 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FitLot 5:45-6:30am Maggie	BODYPUMP™ 5:45-6:45am Reyne	FitLot 5:45-6:30am Maggie	BODYPUMP™ 5:45-6:45am Reyne	PiYo® 5:45-6:35am Emily	BODYPUMP™ 8:00-9:00am Rotation	July 14, 21, 28 Aqua Rock at Hillside 11-11:45am \$5 admission
	No Class July 30 Aquabata 8:00-8:45am Risa		Water Works 8:00-8:45am Risa		ONLY July 27 10am Aqua Dance 11am AquaFIT at Hillside	
No Class July 29 AquaFIT 8:30-9:15am Jes M.		No Class July 31 AquaCORE 8:30-9:15am Jes M.		AquaFIT 9:00-9:45am Jes M.	ONLY July 6 & 20 Aqua Dance 9:00-9:45am 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.	ONLY July 6 & 20 AquaFIT 10:00-10:45am Jes M.	
No Class July 29 Deep Water 10:00-10:45am Risa	No Class July 30 Water Works 10:00-10:45am Risa	No Class July 31 Water Walking 10:15-11:00am Lori L.	Aquabata 10:00-10:45am Risa		NOTES: *July 4 CLOSED-No classes *July 15 FREE admission at CRFC *July 20 BODYPUMP new release *July 22 FREE admission at BSC AWC *July 27 & 28 Hillside classes FREE for members (scan member card) *July 27-31 Pools CLOSED - No aquatic classes.	
		No Class July 31 FitLot* 11:30-12:15pm Lori L.			CRFC Subs -BODYPUMP Saturday rotation: *July 6 (Strength—MAGGIE) *July 13 (Strength—MAGGIE) *July 20 (SHANNON K.) *July 27 (RISA) -BODYPUMP July 22 (REYNE) -Yoga/Stretch July 9 & 16 (CANDACE) -Yoga/Stretch July 11 & 18 (MAGGIE)	
		No Class July 31 AquaFIT 3:30-4:15pm Maggie			BSC AWC Subs: -Total Body Toning July 31 (MAGGIE) -Yoga/Stretch July 12 & 19 (LORI L)	
		Step 4:30-5:15pm Maggie				
No Class July 29 AquaCORE 5:30-6:15pm Jes M.	Tabata 5:30-6:15pm Maggie		Strength+Core 5:30-6:30pm Maggie			
	No Class July 30 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	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	CLASSES HELD @ JAYCEE PARK FITLOT
BODYPUMP™ 6:30-7:30pm Risa					CLASSES HELD @ BSC AWC FITNESS STUDIO	CLASSES HELD @ CRFC FITNESS STUDIO

NOW HIRING Group Fitness Instructors! Contact Linsay Berg at Lberg@bisparcs.org

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.

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.



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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.