



JUNE

Fitness Class Schedule 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	BODYPUMP™ 5:45-6:45am Reyne	Cycling 5:45-6:30am Marin	BODYPUMP™ 5:45-6:45am Reyne	PiYo® 5:45-6:35am Emily	BODYPUMP™ 8:00-9:00am Rotation	June 9,16,23,30 Aqua Rock @ Hillside 11-11:45am \$5 admission	
FitLot* 5:45-6:30am Maggie	Aquabata 8:00-8:45am Risa	FitLot* 5:45-6:30am Maggie	Water Works 8:00-8:45am Risa				
NEW TIME AquaFIT 8:30-9:15am Jes M.		NEW TIME AquaCORE 8:30-9:15am Jes M.		AquaFIT 9:00-9:45am Jes M.	NO CLASS JUNE 1 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.	NO CLASS JUNE 1 AquaFIT 10:00-10:45am Jes M.		
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		NOTES: *FitLot classes at Jaycee Park are FREE to everyone. Pre-registration is required. fitlot.org/parks/bismarck/  CRFC Subs -BODYPUMP Saturday rotation: *June 1 & 22 (Strength—Maggie) *June 8 (RISA) *June 15 (REYNE) *June 29 (SHANNON K.) -BODYPUMP June 10 (REYNE) BSC AWC Subs: -Aqua Dance June 8 (MARK) -AquaFIT June 14 (LORI L) -AquaFIT June 8 (Aqua Rock—MARK)		
		FitLot* 11:30-12:15pm Lori L.					
		AquaFIT 3:30-4:15pm Maggie					
		Step 4:30-5:15pm Maggie					
AquaCORE 5:30-6:15pm Jes M.	Tabata 5:30-6:15pm Maggie		Strength+Core 5:30-6:30pm Maggie				
	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.				
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		

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. No swimming ability required. 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.