

Fitness at Borgess

JANUARY-FEBRUARY 2019

To register, please visit ascension.org/events.
All classes are held at Ascension Borgess Health Club.



Strength BODYPUMP®

BODYPUMP is Les Mills' signature strength training workout with fun tempos and music that will target all your muscles. This workout uses barbells and the REP EFFECT to tone and strengthen your entire body. Intensity can be adjusted based on weights selected. Cost \$55 for 1x/wk. or \$100 for 2x/wk.

Tues: 7-8p.m.
January 8-February 28

Fri: 6-7p.m.
January 11-March 1

Cardio Zumba®

Zumba is a high energy fusion of Latin & International music/dance rhythms with moves and combinations that are fun and easy to learn. Dance like no one is watching! Cost \$50 for 1x/wk. or \$80 for 2x/wk.

Su: 11:30-12:30p.m.
January 6-February 24

Tues: 5-5:45p.m.
January 8-February 26

Cycle

Cycle is a 45 minute ride that will allow you to challenge your cardiovascular system and build muscular endurance with a variety of terrains and paces. Cost \$50.

Thurs: 5:45-6:30a.m.
January 10-February 28

WERQ®

WERQ is a fiercely fun dance class based on pop, rock and hip-hop Top 40 music that will get your feet moving and your heart pumping. Cost \$50 for 1x/wk. or \$80 for 2x/wk.

Wed: 12-12:45p.m.
January 9-February 27

Fri: 5-5:45p.m.
January 11-March 1

BODYCOMBAT®

BODYCOMBAT is Les Mills' high energy martial arts inspired workout where you can kick and punch your way to fitness while burning up to 700 calories! This is a non-contact workout with no martial arts experience needed. Cost \$55.

Mon: 11-11:55a.m.
January 7-February 25

RPM®

RPM is Les Mills' challenging yet fun non-impact cycling journey to push your cardiovascular fitness to the next level, regardless of your starting point. Unleash your inner athlete with high energy songs of varying profiles. Cost \$55.

Tues: 5:45-6:30a.m.
January 8-February 26

Combination Classes (Strength + Cardio)

REV+FLOW by REFIT®

REV+FLOW by REFIT is a dynamic, low-impact workout that's easy on joints without compromising the intensity of the workout. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Cost \$50.

Wed: 11-11:55a.m.
January 9-February 27

Fitness at Ascension Borgess continued JANUARY-FEBRUARY 2019

R.I.P.P.E.D.®

R.I.P.P.E.D. is a high intensity class that combines Resistance, Intervals, Power, Plyometrics, and Endurance in a fast-paced format designed to make you sweat while providing total body conditioning and strength training. Cost \$50 for 1x/wk. or \$80 for 2x/wk.

Mon: 7-8p.m.
January 7-February 25

Thurs: 7-8p.m.
January 10-February 28

Yoga Formats

Mild Yoga

Mild Yoga is a gentle yoga class that will provide extra instruction and/or modifications for traditional yoga poses. All elements of traditional yoga will be utilized with modifications for all levels. Chairs are available. Cost \$50.

Wed: 6-7p.m.
January 9-February 27

Sunrise Yoga

Sunrise Yoga is an energizing and renewing yoga practice designed to awaken your body and senses. Through a series of dynamic postures, you will guide and welcome breath into your body, achieve clarity in your mind and prepare to greet the coming day. All levels welcome. Please bring a mat. Cost \$50 for 1x/wk. or \$80 for 2x/wk.

Wed: 5:45-6:45a.m.
January 9-February 27

Fri: 5:45-6:45a.m.
January 11-March 1

Vinyasa Yoga

Vinyasa Yoga is a dynamic and flowing style of hatha yoga that links the conscious breath with mindful movement. Use the movements, postures and breath work to help improve balance, flexibility, and strength while creating a connection between the body and mind. All levels welcome. Please bring a mat. Cost \$50 for 1x/wk. or \$80 for 2x/wk.

Tues: 7-8p.m.
January 8-February 26

Thurs: 7-8p.m.
January 10-February 28

Senior/Beginner Formats

Practical Exercise

Practical Exercise is a combo seated and standing exercise class that improves personal independence for activities of daily living such as walking, bending, carrying and more. This class includes an aerobic walking workout. Cost \$44.

Tu & Th: 10-10:55a.m.
January 8-February 28

Fit for Life

Fit for Life is a combo seated and standing class focusing on improving cardio, balance, strength & flexibility. A variety of equipment is used to provide a total body workout without intimidation. Cost \$30 for 1x/wk. or \$44 for 2x/wk.

Mon: 9-9:45a.m.
January 7-February 25

Fri: 9-9:45a.m.
January 11-March 1



**Ascension
Borgess**

HEALTH CLUB