

Fitness at Borgess

MARCH-APRIL 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 \$90 for 2x/wk.

Mon: 5:45-6:45a.m.
March 4-April 22

Fri: 6-7p.m.
March 8-April 26

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.
March 3-April 21

Wed: 7:15-8p.m.
March 6-April 24

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.

Mon: 7:15-8p.m.
March 4-April 22

Fri: 5-5:45p.m.
March 8-April 26

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 for 1x/wk. or \$90 for 2x/wk..

Mon: 11-11:55a.m.
March 4-April 22

Thurs: 10-10:55a.m.
March 7-April 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 for 1x/wk. or \$90 for 2x/wk..

Tues: 6-6:45a.m.
March 5-April 23

Thurs: 6-6:45a.m.
March 7-April 25

Steps & Abs

This is a high-energy aerobic workout using a bench and a variety of steps and patterns to increase heartrate. This class will also incorporate moves to strengthen the core. Cost \$50 for 1x/wk. or \$80 for 2x/wk.

Tues: 8-8:50a.m.
March 7-April 25

Thurs: 8-8:50a.m.
March 7-April 25

Fitness at Ascension Borgess continued
MARCH-APRIL 2019

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.
March 6-April 24

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.
March 6-April 24

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.
March 6-April 24

Fri: 5:45-6:45a.m.
March 8-April 26

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.
March 7-April 25

Thurs: 7-8p.m.
March 7-April 25

Prenatal Combo-Yoga & Prenatal Water Exercise

The combination of these two classes will give you the breathing focus and concentration needed in delivery along with strength, endurance and protection from back pain. Cost \$75, ABHC member \$35.

M: 7:15-8 p.m. (*Prenatal Yoga*) \$50
Th: 6:30-7:20 p.m. (*Water Exercise*) \$44
March 4-April 25

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.
March 7-April 25



**Ascension
Borgess**

HEALTH CLUB

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