

Fitness at Borgess

APRIL 28 - JUNE 22

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.

Sun: 9:15-10:15AM
April 28 – June 16

Wed: 5-6 PM
May 1 – June 19

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: 11:30-12:30 PM
April 28 – June 16

Fri: 11:00-11:45AM
May 3 – June 21

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 \$45 for non-members.

Mon: 7:15-8p.m.
April 29 – June 17
(No class May 29)

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.

Tues: 6-7 PM
April 30 – June 18

Thurs: 6-7 PM
May 2 – June 20

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: 6-6:45 PM
April 30 - June 18

Thurs: 6-6:45 PM
May 2 - June 20

Drum Flow

Drum Flow gets you moving to simple rhythms as you use the stability ball and weighted drumsticks for your own cardio jam session. The workout uses a variety of music & choreography to get your heart rate and have fun while you exercise!
Cost \$45 for non-members.

Mon: 11-11:45AM
April 29-June 17
(No class May 29)

Combination Classes (Strength + Cardio)

STRONG by Zumba®

STRONG by Zumba® combines body weight, muscle conditioning, cardio, martial arts elements, and plyometric training moves synced to original music that has been specifically designed to match every single move. STRONG is a High-Intensity-Tempo-Training class that will help you torch calories and meet your fitness goals.

Cost is \$50 for non-members.

Thurs: 10-10:45am
May 2 – June 20

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: 6-7 PM
May 1 – June 19

Power Yoga

Power Yoga is a high energy, fitness-based class that links breath and movement to create a dynamic, flowing practice to cultivate strength, flexibility, balance, focus and endurance. This class will help tone and sculpt the entire body.

Cost \$50 for 1x/wk. or \$80 for 2x/wk.

Tues: 5-6PM
April 30 – June 18

Wed: 6:15-7 AM
May 1 – June 19

Yoga/Pilates Fusion

Yoga/Pilates Fusion is a blend of two disciplines strongly rooted in the same principles: breath, relaxation, control, centering, whole-body movement, and balanced muscular development. You will strengthen the muscle groups of the body's core with targeted exercises followed by controlled stretching in a flowing sequence. This class also includes a 15-minute Guided Meditation at the end of the practice. Cost is \$50 for non-members.

Thurs: 5-6 PM
May 2 – June 20

Prenatal Exercise

Prenatal 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

No class May 27th

Th: 6:30-7:20 p.m. (*Water Exercise*) \$44
April 29 – June 24

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: 10-10:55 AM
April 30 – June 20



**Ascension
Borgess**

HEALTH CLUB

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