

Adult Fitness at Ascension Borgess

February 29 - April 25

To register, please visit ascension.org/events or at the front desk.

All classes are held at Ascension Borgess Health & Fitness Center.

Cost is shown for 8-week session, with the exception of Healthy Steps.

STRENGTH

Barre Fitness

Barre Fitness is the ballet inspired workout that requires no dance experience. Using a variety of ballet, yoga and Pilates inspired movements, you'll gain strength, improve your balance and flexibility, and sculpt a long, lean, strong body.

Class offerings:

Mon 3/2-4/20: 8-8:45AM • **Wed 3/4-4/22:** 8-8:45AM •

Thu 3/5-4/23: 11-11:45AM

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. Cost is \$55 for non-members.

Class offerings:

Wed 3/4-4/22: 5:45-6:45AM • **Wed 3/4-4/22:** 5-6PM •

Sat 3/7-4/25: 7:15-8:15AM

CXWORX™ + BODYFLOW™

CXWORX is Les Mills 30-minute core-focused class that is ideal for tightening your abdominal and glute muscles, and strengthening low back and hips. Follow it up with a 30-minute version of BODYFLOW for flexibility, which incorporates elements of Tai Chi, Yoga, and Pilates for a well-rounded workout.

Class offering:

Fri 3/6-4/24: 11-11:55AM

CARDIO

BODYCOMBAT™

BODYCOMBAT is Les Mills high-energy non-contact martial arts-inspired workout. Learn moves with roots in Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. No experience needed. Cost is \$55 for non-members.

Class offerings:

Mon 3/2-4/20: 7-8PM • **Wed 3/4-4/22:** 7-8PM •

Sat 3/7-4/25: 10-11AM

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 up and have fun while you exercise! Cost is \$50 for non-members.

Class offering:

Tues 3/3-4/21: 6-6:45PM

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 is \$55 for non-members.

Class offerings:

Tue 3/3-4/21: 6-6:45PM • **Thu 3/5-4/23:** 6-6:45PM

SHiNE™

SHiNE is a dance fitness format with simple yet effective choreography sure to make you sweat with a smile on your face. The choreography is rooted in traditional jazz, ballet and hip-hop and is designed for ALL dance abilities. Cost is \$44 for the Sunday class or \$50 for the Wednesday class.

Class offerings:

Sun 3/1-4/19*: 10:45-11:30AM •

Wed 3/4-4/22: 6:10-6:55PM

**No class on Easter Sunday, 4/12*

Les Mills SPRINT™

LES MILLS SPRINT is a 30-minute HIIT workout, using an indoor bike to achieve fast results and drive your body to burn calories long after you've stopped exercising. It's a short, high-intensity & low-impact style of training where the motivation comes from pushing your limits. Class is \$55 for non-members.

Class offerings:

Tue 3/3-4/21: 7:15-7:45AM • **Thu 3/5-4/23:** 6-6:30AM

REFIT®

REFIT® is a cardio dance class that combines positive, inspiring music and simple choreography. Toning, flexibility, strength training and stretching are also incorporated into this easy to follow, yet challenging workout. Cost is \$50 for non-members.

Class offerings:

Tues 3/3-4/21: 12-1PM • **Sat 3/7-4/25:** 11:15AM-12:15PM

COMBINATION STRENGTH + CARDIO R.I.P.P.E.D.®

The One-Stop Body Shock! This class combines Resistance, Interval, Power, Plyometrics, Endurance, core and an online Diet program to help everybody meet their ultimate fitness goals in a fun group exercise environment.

Cost is \$50 for non-members.

Class offerings:

Tues 3/3-4/21: 5:45-6:45AM • **Thu 3/5-4/23:** 6-6:55PM

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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 will torch calories and help you meet your fitness goals.

Cost is \$50 for non-members.

Class offerings:

Tue 3/3-4/21: 9-9:50 AM or 5-5:45PM

Thu 3/5-4/23: 10-10:50AM

REV+FLOW by REFIT®

REV+FLOW by REFIT is a dynamic, low-impact workout that's easy on joints without compromising the intensity. REV+FLOW strengthens bodies and sculpts muscles through targeted, music-based movements and resistance training. Be challenged in new and unique ways through easy-to-follow movements and uplifting music. Cost is \$50 for non-members.

Class Offerings:

Mon 3/2-4/20: 12-1PM • **Fri 3/6-4/24:** 12-1PM

Tae Kwon Do

Tae Kwon Do is a discipline that teaches participants how to defend themselves and to pursue harmonious growth. Students gain confidence, dexterity, and coordination while learning self-discipline. This non-contact class is open to adults and children 8+. Cost is \$30 for an individual and \$20 for each additional family member.

Sat 2/29-4/19: 2-3:15PM

MIND/BODY

BODYFLOW™

BODYFLOW is Les Mill's signature yoga-based class that will improve your mind, your body and your life. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses with roots in Yoga, Pilates, and Tai Chi create a holistic workout that brings your body into a state of harmony and balance.

Cost is \$55 for non-members.

Class offerings:

Mon 3/2-4/20: 11-11:55AM • **Wed 3/4-4/22:** 6:30-7:30PM

Tai Chi

Tai Chi is an ancient Chinese practice that involves a series of movements performed in a slow, focused manner accompanied by deep breathing that promotes inner peace and balance. Tai Chi is low-impact, gentle physical exercise, making it safe for all ages and fitness levels. Cost is \$50 for non-members.

Class offering:

Tues 3/3-4/21: 9-9:50AM

PRENATAL EXERCISE

Prenatal Water Exercise

This class will reward you with incredible wellness benefits for you and your baby. Safe exercise during pregnancy increases flexibility, improves recovery after childbirth, and improves emotional well-being. Water workouts are less stressful on the body and minimize the risk of injury, cause less abdominal heaviness and low back pain, and enhance your blood flow. Cost is \$50 for non-members, \$25 for members.

Tue 3/3-4/21: 6:30-7:20PM

Prenatal Yoga

Prenatal Yoga is a practice uniquely designed for pregnancy that can help support moms-to-be emotionally and physically. With an emphasis on breathing, stamina, pelvic floor work, restorative poses, and core strength, this class can help you become more resilient during and after pregnancy. Cost is \$50 for non-members, \$25 for members.

Thu 3/5-4/23: 7-7:45PM

Price for combo class package is \$75 for non-members & \$40 for members

SENIOR/BEGINNER

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 is \$50 for non-members.

Tue & Thu 1/7-2/27: 10-10:55AM

Healthy Steps

This walking program, coached by a certified trainer, will provide camaraderie, education, and accountability and you head down the road to better health. Move to better health one step at a time. Cost for non-members is \$20/year. You can sign up at the front desk or call 269.552.2348.

Tue & Thu: 8-9AM