

Water Exercise Classes- Free to Member

| Start Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---|--|--|--------------------------------------|
| 7am | Morning Energizer 7:05-7:45a Debbie | Aqua Cardio 7:05-7:45a Shawn | Morning Energizer 7:05-7:45a Amy | Aqua Cardio 7:05-7:45a Amy | |
| 8:30am | Water Exercise 8:35-9:15a Debbie | | Water Exercise 8:35-9:15a Amy | | |
| 9/10am | | Aqua Yoga 10:05-10:45a Kylie | | | Aqua Zumba 9:35a-10:15a AJ |
| 12pm | Stretch & Tone 12:05-12:45pm Debbie | | Stretch & Tone 12:05-12:45pm Shawn | | |
| 6pm | | | Aqua Cardio 6:05-6:45pm Shawn | Easy Does It 6:05-6:45pm Missy | |

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| Location Key | Warm Pool | Lap Pool |
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All classes require registration as space is limited (warm pool capacity-6; lap pool class capacity- 8)

Warm pool will be closed for reservations during class time. A minimum of two lap lanes will remain available for reservation during lap pool classes.

Please try not to arrive more than 5 minutes prior to class unless you have made a separate reservation.

Register at bhfc.clubautomation.com by clicking “Register For Class” or selecting “Group Activities” on your profile. Registration is available 2 days prior to class.

Aqua Cardio- increase your heart rate to improve cardiovascular fitness in an exciting, fun water workout. Exercises will include cardio-conditioning, basic strength, balance and more.

Aqua Yoga- Gentle stretches improve flexibility, balance and strength. No previous yoga experience necessary for this relaxing but energizing class.

Aqua Zumba- It’s a party in the pool! Combining international dance music and movements with aqua fitness principles creates this safe and challenging workout.

Easy Does It- A gentle water workout that includes a short aerobic component but focuses mainly on balance and range of motion to give you exactly what your body needs.

Morning Energizer- Starting with gentle aerobics to get the body moving, this workout uses strength movements, range of motion and balance to get you ready to start your day.

Stretch & Tone- Improve strength and flexibility in this fun class in the warm water. A short aerobic portion will get the body moving and ready for developing strength, balance and flexibility.

Water Exercise- Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels.