

Fall Schedule Effective November 2, 2020

Gym Floor (Back Half)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am	STS/KB Fusion 5:45-6:30am Nikki		Cycle 5:45-6:30am Janet		TBC 5:45-6:30am Nikki		
7am	BODYPUMP 7-7:45am Jess G	LM SPRINT 7-7:30am Jess G.	TBC 7-7:45am Jess G	LM SPRINT 7-7:30am Jess G.	BODYPUMP 7-7:45am Amy		
8am	Cycle 8:15-9am Jess G	Barre Fitness 8-8:45am Shawn	STS 8:15-9am Chris B	CXWORX 8-8:30am Amy	Barre Fitness 8:15-9am Jess G.	SPRINT 8-8:30am Chris A	
9am	Zumba 9:30-10:15am Andrea Step Aerobics 9:30-10:15am Robin Weekly Rotation*	Fit for Life 9:15-10am Shawn	RPM 9:30-10:15am Linda	Zumba 9-9:45am AJ	RPM 9:30-10:15am Amy	STS 9:15-10am Nikki	Cycle 9:15-10am Janet
10am		BODYPUMP 10:30-11:30am Linda		Fit for Life 10:15-11am Chris B.		BODYCOMBAT 10:30-11:30am Toysa	BODYPUMP 10:30-11:30am Takara
11am	Chair Yoga 11:15am-12pm Shawn		Practical Exercise 11:15am-12pm Chris B.	STS 11:30-12:15pm Chris B.	BODYPUMP 11am-12pm Becky M.		
5pm	LM SPRINT 5-5:30pm Stephanie	RPM 5-5:45pm Jess W	BODYPUMP 5-5:45pm Takara	STS/KB Fusion 5-5:45pm Nikki			
6pm	BODYPUMP 6-7pm Becky M.	CXWORX 6:15-6:45pm Michaela	TBC 6:15-7pm Nikki	RPM 6:15-7pm Chris A			

Aerobics Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am						Vinyasa Yoga 9:30-10:30am Joy	
10am	BODYFLOW 10:30-11:30am Jess G.	Vinyasa Yoga 10-11am Jess G.	Mat Pilates 10:30-11:30am Joy	Vinyasa Yoga 10-11am Jess G.	BODYFLOW 10-11am Jess G.		Vinyasa Yoga 10:30-11:30am Sarah
5pm	Vinyasa Yoga 5:30-6:30pm Sarah		BODYFLOW 5:30-6:30pm Andrea				

Virtual Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12pm		FACEBOOK/YouTube Total Body Conditioning 12-12:45pm Rotation		FACEBOOK Fit for Life 12-12:45pm Shawn			

Format Key	Cardio	Strength	Combination Cardio/Strength	Mind/Body	Senior/ Gentle
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**Ascension
Borgess**

HEALTH & FITNESS

All Group Exercise classes in the gym are allotted a maximum of 15 people; in the Aerobics Studio, maximum of 8 people. Members will need to sign up online ahead of time to ensure a space in the class. You may sign up 48 hours in advance and up to an hour before class start time. We will follow a “first come, first serve” policy for drop-ins.

To register for classes, go to bhfc.clubautomation.com and either register as a ‘New User’ or log on with your username and password. Find the class list under ‘Group Activities.’ Reach out to the Group Exercise Coordinator for more information on how to register.

Virtual classes will be shared through our Ascension Borgess Health & Fitness page and will be available for playback at any time through Facebook or YouTube.

Please arrive up to 15 minutes early for class to allow adequate time to set up equipment. Instructors will monitor equipment closet and only one member at a time will be allowed in.

Please bring your own mat for all Yoga, BODYFLOW & Pilates classes.

Members will be required to wear a mask at all times. We will also be practicing physical distancing during class. Please be considerate of those around you.

*These classes will rotate on a weekly basis, starting with Zumba on Monday, November 2nd.

All classes can accommodate most fitness levels and our trained instructors are able to offer a variety of options in every class format.

Always work at your own pace and own ability.

Classes are subject to change based on attendance and instructor availability.

For the most up to date schedule, please check the white board on the gym floor, our free app or look online at fitness.borgess.com.

If you have questions regarding a class or format or need help registering for classes, please contact our Group Exercise Coordinator:
Jessica.Goldsmith@ascension.org or [269-552-2343](tel:269-552-2343)

Group Exercise Class Descriptions

Cardio Formats

BODYCOMBAT™ is Les Mills high-energy non-contact martial arts inspired workout, with roots in Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu.

Cycle is a low-impact ride that simulates varied terrains as you tackle rolling hills, sprints & other drills to challenge your cardiovascular system & build muscular endurance, strength and power.

RPM™ is Les Mills' challenging non-impact cycling journey to push your cardiovascular fitness to the next level, regardless of your starting point. Improve your strength with rolling hills and mountains, and increase your power with attacks, sprints and races.

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.

Step Aerobics is a high-energy, weight-bearing workout using a bench with risers and a variety of steps, patterns and choreography to increase heart rate and train your cardiovascular system.

Zumba® is a dynamic fusion of Latin & International music/dance rhythms with moves and combinations that are fun and easy to learn.

Strength Formats

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.

BODYPUMP™ is Les Mills barbell workout for anyone looking to get lean, toned and fit. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout with scientifically proven moves and techniques set to motivating music.

CXWORX™ is Les Mills' signature 30-minute core-focused class ideal for tightening your abdominal and glute muscles, strengthening low back and hips, as well as improving functional strength and assisting in injury prevention.

STS – Suspension Training for Strength is a total body strength training workout utilizing your own body weight for resistance. Using suspended straps, this workout will improve your strength, flexibility, and balance while engaging your core muscles for stabilization.

STS/Kettlebell Fusion integrates Suspension Training with kettlebell lifts, using exercises that are dynamic, powerful and purposeful. This workout will help to increase your body's efficiency, increase core strength, & improve overall well-being.

Combination Formats

Includes both cardio and strength components for a well-rounded fitness class

TBC - Total Body Conditioning incorporates a variety of exercises to work the entire body. Cardio conditioning and strength movements with minimal rest combined with motivating instruction make this the class that will take your fitness to the next level. Class styles vary by instructor.

Mind/Body Formats

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. Please bring a mat.

Mat Pilates is a class to stretch & strengthen your entire body, primarily focusing on the muscles of the core, the Powerhouse of the body. Pilates uses techniques from dance & yoga to create a low-impact workout perfect for all levels of fitness. Please bring a mat.

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 to help improve balance, flexibility, and strength while creating a connection between the body and mind. Please bring a mat.

Formats for Beginners or Seniors

Chair Yoga is a combo seated/standing yoga class using a chair as a prop for both balance and support. This class allows you to modify your yoga practice based on and is suitable for those working with injuries, inflexibility, balance issues, or anyone looking for extra support.

Fit for Life is a gentle exercise class that includes both a cardio and strength component, as well as balance and flexibility work. This class will also be offered virtually for those not ready to come back to the facility yet.

Practical Exercise is a combo seated and standing strength class that improves personal independence for activities of daily living such as walking, bending, carrying and more.

All class formats welcome a variety of fitness levels and our trained instructors can offer a variety of modifications and options to help you safely get the most out of your workout.