

Summer Schedule Effective July 1, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45a	STS/KB Fusion 5:45-6:30a Nikki <i>Gym</i>		Cycle 5:45-6:30a Janet <i>Fitness Studio</i>				
7am	BODYPUMP 7-8a Jess <i>Gym</i>	LM SPRINT 7-7:30a Amanda <i>Fitness Studio</i>	TBC 7-7:45a Jess <i>Gym</i>	LM SPRINT 7-7:30a Amy/Jess <i>Fitness Studio</i>	BODYPUMP 7-8a Amy <i>Gym</i>		
8am	RPM 8:30-9:15a Amy <i>Fitness Studio</i>	Barre Fitness 8-8:45a Jess <i>Gym</i>	Cycle 8:30-9:15a Jess <i>Fitness Studio</i>	LM CORE 8-8:30a Amy <i>Gym</i>	Cycle 8:30-9:15a Michelle <i>Fitness Studio</i>	LM SPRINT 8:30-9a Chris A <i>Fitness Studio</i>	
9am	Step Aerobics 9-9:45a Robin <i>Gym</i> <i>*Starts 7/12</i>	STRONG Nation 9-9:45am Jess <i>Gym</i>	Step Aerobics 9-9:45am Robin <i>Gym</i>	Gentle Yoga 9-9:45a Shawn <i>Aerobics Studio</i>	Fit for Life 9-9:45am Jess/Maddie <i>Aerobics Studio</i>	STS 9:15-10a Nikki <i>Gym</i>	Cycle 9:15-10a Janet <i>Fitness Studio</i>
		Fit for Life 9-9:45a Shawn <i>Aerobics Studio</i>	Vinyasa Yoga 9-10am Marin <i>Aerobics Studio</i>	Zumba 9-9:45a AJ <i>Gym</i>	BODYCOMBAT 9:30-10:30am Melissa <i>Gym</i>	Vinyasa Yoga 9:30-10:30a Cathy <i>Aerobics Studio</i>	
10am	TBC 10-10:45a Jess G. <i>Gym</i>	LM CORE 10-10:30am Amy <i>Gym</i>	BODYPUMP 10-11am Melissa <i>Gym</i>	STS 10-10:45a Chris B <i>Gym</i>	Vin/Yin Yoga 10-11am Jess <i>Aerobics Studio</i>	BODYCOMBAT* 10:30-11:30a Toysa <i>Gym</i>	BODYPUMP 10:30-11:30a Melissa <i>Gym</i>
	BODYFLOW 10-11a Amy <i>Aerobics Studio</i>	Vinyasa Yoga 10-11a Jess <i>Aerobics Studio</i>		BODYFLOW 10-11am Jess <i>Aerobics Studio</i>		*Class will move indoors in the case of bad weather. All other outdoor classes will be cancelled in the case of bad weather.	Vinyasa Yoga/ BODYFLOW 10:30-11:30a Rotation** <i>Aerobics Studio</i>
				Tai Chi 10-11am Matu <i>Outside</i>			
11am	Practical Exercise 11:30-12:15pm Shawn <i>Gym</i>	STS 11-11:45am Amanda <i>Gym</i>	Practical Exercise 11:30a-12:15p Chris B <i>Gym</i>	Barre Fitness 11-11:45am Melissa <i>Gym</i>	BODYPUMP 11a-12p Becky <i>Gym</i>		
5pm	TBC 5:15-6p Nikki <i>Gym</i>	RPM 5-5:45p Chris A <i>Fitness Studio</i>	LM SPRINT 5-5:30p Amanda <i>Fitness Studio</i>	STS/KB Fusion 5:15-6p Nikki <i>Gym</i>			
	Vinyasa Yoga 5:30-6:30pm Marin <i>Aerobics Studio</i>						
6pm	BODYCOMBAT* 6-7p Toysa <i>Gym</i>	TBC* 6-6:45pm Corey <i>Outside</i>	BODYPUMP 6-7p Tami <i>Gym</i>	RPM 6:15-7p Chris A <i>Fitness Studio</i>			

New & Just For Summer! TBC Studio Sessions

Drop in & work out with a different fitness pro in each session as they record the Total Body

Conditioning classes that are posted each week in our Co-Fit Facebook group.

You'll enjoy a live, in-person, challenging workout from a different trainer or instructor each week.

All classes will be held in the Aerobics Studio.

Sessions:	Tuesday	Wednesday	Thursday	Friday	Classes are posted every Tuesday @5p in the Co-Fit group
	7/20 11a Aaron 8/3 7:30a Anna	8/4 12p Alyson 8/25 12p Jess	7/13 6a Chad 7/15 1:30p Chris B. 8/12 8a Amanda	7/9 11a Shelby	

Format Key	Cardio	Strength	Combination (Strength/Cardio)	Mind/Body	Gentle
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All Cycle, RPM, Les Mills SPRINT, STS, Yoga and BODYFLOW classes will require registration as space is limited. To register for classes, go to bhfc.clubautomation.com and either register as a 'New User' or log in with your username and password. Find the class schedule under 'Group Activities.' Reach out to the Group Exercise Coordinator for more information.

Please arrive up to 15 minutes early for class to allow adequate time to set up equipment.

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

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 boards on the gym floor/outside the Aerobics Studio, our free app or 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)



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HEALTH & FITNESS

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 targets all the major muscle groups with scientifically proven moves and techniques.

LES MILLS CORE 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.

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

STRONG Nation™ is a HIIT class that 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.

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.

Mind/Body Formats

Please bring your own mat

BODYFLOW™ is Les Mills' signature class that combines controlled breathing, concentration and a carefully structured series of stretches, moves and poses with roots in Yoga, Pilates, and Tai Chi to create a holistic workout that brings your body into a state of harmony and balance.

Vinyasa Yoga is a dynamic and flowing style of 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.

Vin/Yin Yoga will start with 30 minutes of a flowing Vinyasa Yoga where we challenge strength and balance, followed by 30 minutes of a restorative Yin Yoga, where we hold and relax into postures for flexibility.

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.

Gentle Classes

Perfect for Beginners or Seniors

Gentle Yoga is a combo seated/standing yoga class that offers the use of a chair as a prop for both balance and support, if needed. You will slowly move through postures designed for strength, balance and flexibility.

Fit for Life is a gentle, low-impact exercise class that includes both a cardio and strength component, as well as balance and flexibility work.

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.