

WINTER

Class Schedule

Effective January 3, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:15a	S.T./KB Fusion* 5:45-6:30a Nikki Gym	XPRESS Factor* 6:15-6:45a Matt Fitness Studio	Cycle* 5:45-6:45a Janet Cycle Studio	XPRESS Factor* 6:15-6:45a Matt Fitness Studio	TBC 5:45-6:30a Nikki Aerobics		
7am	BODYPUMP 7-8a Jess G Gym	LM SPRINT* 7-7:30a Amanda Cycle Studio	TBC 7-7:45a Jess G Gym	LM SPRINT* 7-7:30a Jess G Cycle Studio	BODYPUMP 7-8a Amy Gym		
8am	LM CORE 8:15-8:45a Amy Aerobics	Barre Fitness 8-8:45a Valarie Aerobics	Suspension Training* 8-8:45a Jess G Gym	Mat Pilates 8-8:45a Valarie Aerobics	LM CORE 8:15-8:45a Amy Aerobics	LM SPRINT* 8:30-9a Chris A Cycle Studio	
9am	Step Aerobics 9-9:45a Rotation Gym	STRONG Nation 9-9:45a Jess G Gym	Step Aerobics 9-9:45a Rotation Gym	Zumba 9-9:45a AJ Gym	BODYSTEP** 9-9:45a Jess G Gym **Starts 1/21	Suspension Training* 9-9:45a Nikki Gym	Cycle* 9:15-10a Janet Cycle Studio
	RPM* 9-9:45a Amy Cycle Studio	Fit for Life 9-9:45a Shawn Aerobics	RPM* 9-9:45a Linda Cycle Studio	Gentle Yoga 9-9:45a Shawn Aerobics	Cycle* 9-9:45a Michelle/Jim Cycle Studio	Vinyasa Yoga 9-10a Cathy Aerobics	
	Gentle Yoga 9-9:45a Marin Aerobics		Vinyasa Yoga 9-10a Marin Aerobics		Cardio Drumming 9-9:45a AJ Aerobics		
10am	TBC 10-10:45a Jess G Gym	S.T./KB Fusion* 10-10:45a Amanda Gym	BODYPUMP 10-11a Linda Gym	Suspension Training* 10-10:45a Chris B Gym	BODYPUMP 10-11a Becky Gym	BODYSTEP 10-11a Janel Gym	BODYFLOW 10-11a Andrea Aerobics
	Mobility Flow** 10-10:30a Amanda Aerobics **Starts 1/17	Vinyasa Yoga 10-10:55a Jess G Aerobics	Barre Fitness 10:15-11a Marin Aerobics	BODYFLOW 10-11a Jess G Aerobics	Mobility Flow** 10-10:30a Amanda Aerobics **Starts 1/21	LM CORE 11:15-11:45a Janel Aerobics	BODYPUMP 10:15-11:15a Rotation Gym
11am	BODYFLOW 11a-12p Amy Aerobics	Qi Gong 11a-12p Scott Aerobics	Practical Exercise 11:15a-12p Chris B Gym	Fit for Life 11:15a-12p Jess G Aerobics	Restorative Yoga 11a-12p Jess G Aerobics		
	Practical Exercise 11:15a-12p Shawn Gym						
5pm	Barre Fitness 5-5:45p Valarie Aerobics	RPM* 5-5:45p Chris A. Cycle Studio	LM SPRINT* 5-5:30p Amanda Cycle Studio	S.T./KB Fusion* 5:15-6p Nikki Gym			
	Cycle* 5:30-6:15p Michelle Cycle Studio	XPRESS Factor* 5:30-6p Aaron Fitness Studio		XPRESS Factor* 5:30-6p Shelby Fitness Studio			
6pm	TBC 6-6:45p Nikki Gym	BODYSTEP 6-7p Janel Gym	BODYPUMP 6-7p Tami Gym	RPM* 6-6:45p Tami Cycle Studio			
	Vinyasa Yoga 6-7p Marin Aerobics	\$ Postnatal Fitness* 6:30-7:15pm Amanda Aerobics	BODYFLOW 6-7p Andrea Aerobics	\$ Prenatal Yoga* 6:30-7:15pm Jess G Aerobics			

All Cycle, RPM, LM SPRINT, Suspension Training, ST/Kettlebell Fusion & XPRESS Factor classes require sign-up as space is limited. To register for classes, go to bhfc.clubautomation.com.

Pre- & post-natal fitness requires registration for a 6-week session. You can register online at ascension.org/events. The first session starts 1/13.

Classes are subject to change based on attendance and instructor availability. For the most up to date schedule, please check the studio white boards 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

Format Key	Cardio	Strength	Combination (Strength/Cardio)	Mind/Body	Gentle	Pre/Post-Natal Fitness <i>\$ Registration classes</i>
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Cardio Formats

Cardio Drumming moves to simple rhythms as you use the stability ball & weighted drumsticks for your own cardio jam session. The workout uses a variety of music & choreography to get your heart rate up & have fun while you exercise!

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

LES MILLS SPRINT™ is a 30-minute HIIT workout, using an indoor bike to achieve fast results & drive your body to burn calories long after you've stopped exercising. The motivation comes from pushing your limits.

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

Step Aerobics is a high-energy workout with a variety of steps, patterns & choreography to increase your heart rate & train your cardiovascular system.

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

Strength Formats

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

BODYPUMP™ is Les Mills' barbell workout for anyone looking to get lean, toned & 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 & glute muscles, strengthening low back & hips, as well as improving functional strength.

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

S.T./Kettlebell (KB) Fusion integrates Suspension Training with kettlebell lifts, using exercises that are dynamic, powerful & purposeful. This workout will help to increase your body's efficiency, increase core strength & improve overall well-being.

Combination Cardio/Strength Formats

BODYSTEP™ is Les Mills' full-body cardio step workout. In a BODYSTEP workout, you can expect a mixture of upbeat, rhythmic stepping, with squat & lunge patterns to work the lower body. Combine this with powerful strength movements & the result is a fun, uplifting, full-body workout!

STRONG Nation® is a HIIT class using body weight training, muscle conditioning, martial arts elements & plyometric moves synced to original music that has been specifically designed to match every single movement.

TBC - Total Body Conditioning incorporates cardio conditioning & strength movements with minimal rest paired with motivating instruction. The variety will keep your body guessing & take your fitness to the next level, no matter your starting point.

XPRESS Factor is a group training class designed to get you in & out quickly, hitting all the major muscle groups & training the cardiovascular system. This class is designed for the athlete in all of us.

Mind/Body Formats

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

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

Mat Pilates stretches & strengthens 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.

Mobility Flow is all about dedicating time to care for your body & soft tissue to promote better movement & improved functional range of motion. This class will use yoga postures, props such as foam rollers & tennis balls, & bodyweight movements to get you moving better for fitness or athletic performance & for everyday life.

Qi Gong is an ancient Chinese practice that can improve mental and physical health by integrating posture, movement, breathing techniques, self-massage and meditation. The slow, gentle movements warm tendons, ligaments and muscles, tonify vital organs and connective tissue and promote circulation of body fluids.

Restorative Yoga is a restful practice that is all about slowing down & opening your body through passive stretching. We hold poses for a longer duration & allow for deep relaxation that emphasizes the meditative aspect of yoga.

Vinyasa Yoga is a dynamic and flowing style of yoga that links the conscious breath with mindful movement. Use the movements, postures & breath to help improve balance, flexibility & strength while creating a connection between the body & mind.

Gentle Classes

Perfect for Beginners or Seniors

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.