

# SPRING Class Schedule

Effective Sunday, April 3, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:15a	<b>S.T./KB Fusion*</b> 5:45-6:30a Nikki Gym	<b>XPRESS Factor*</b> 6:15-6:45a Madi Fitness Studio	<b>Cycle*</b> 5:45-6:45a Janet Cycle Studio	<b>XPRESS Factor*</b> 6:15-6:45a Madi Fitness Studio	<b>TBC</b> 5:45-6:30a Nikki Aerobics		
7am	<b>BODYPUMP</b> 7-8a Jess G Gym	<b>LM SPRINT*</b> 7-7:30a Amanda Cycle Studio	<b>TBC</b> 7-7:45a Jess G Gym	<b>LM SPRINT*</b> 7-7:30a Jess G Cycle Studio	<b>BODYPUMP</b> 7-8a Amy Gym		
8am	<b>LM CORE</b> 8:15-8:45a Amy Aerobics	<b>Barre Fitness</b> 8-8:45a Valarie Aerobics	<b>Suspension Training*</b> 8-8:45a Matt Gym	<b>Mat Pilates</b> 8-8:45a Valarie Aerobics	<b>LM CORE</b> 8:15-8:45a Amy Aerobics	<b>LM SPRINT*</b> 8:30-9a Chris A Cycle Studio	
9am	<b>Step Aerobics</b> 9-9:45a Rotation Gym	<b>TBC</b> 9-9:45a Jess G Gym	<b>Step Aerobics</b> 9-9:45a Rotation Gym	<b>Zumba</b> 9-9:45a AJ Gym	<b>BODYSTEP</b> 9-9:45a Jess G Gym	<b>Suspension Training*</b> 9-9:45a Nikki Gym	<b>Cycle*</b> 9:15-10a Janet Cycle Studio
	<b>RPM*</b> 9-9:45a Amy Cycle Studio	<b>Fit for Life</b> 9-9:45a Shawn Aerobics	<b>RPM*</b> 9-9:45a Linda Cycle Studio	<b>Cycle*</b> 9-9:45am Jess G Cycle Studio	<b>Cycle*</b> 9-9:45a Michelle Cycle Studio	<b>Vinyasa Yoga</b> 9-10:15a Cathy Aerobics	
	<b>Gentle Yoga</b> 9-9:45a Valarie Aerobics		<b>Vinyasa Yoga</b> 9-10a Valarie Aerobics	<b>Gentle Yoga</b> 9-9:45a Shawn Aerobics	<b>Cardio Drumming</b> 9-9:45a AJ Aerobics		
10am	<b>TBC</b> 10-10:45a Jess G Gym	<b>S.T./KB Fusion*</b> 10-10:45a Amanda Gym	<b>BODYPUMP</b> 10-11a Linda Gym	<b>Suspension Training*</b> 10-10:45a Chris B Gym	<b>BODYPUMP</b> 10-11a Rita Gym	<b>BODYSTEP</b> 10-11a Janel Gym	<b>BODYPUMP</b> 10:15-11:15a Rita Gym
	<b>Mobility Flow</b> 10-10:45a Amanda Aerobics	<b>Vinyasa Yoga</b> 10-10:55a Jess G Aerobics	<b>Barre Fitness</b> 10:15-11a Valarie Aerobics	<b>BODYFLOW</b> 10-11a Jess G Aerobics	<b>Mobility Flow</b> 10-10:45a Amanda Aerobics		<b>BODYFLOW</b> 10:30-11:30a Andrea Aerobics
11am	<b>BODYFLOW</b> 11a-12p Amy Aerobics	<b>Qi Gong</b> 11a-12p Scott Aerobics	<b>Practical Exercise</b> 11:15a-12p Chris B Gym	<b>S.T./KB Fusion*</b> 11-11:45a Matt Gym	<b>Restorative Yoga</b> 11a-12p Jess G Aerobics		
	<b>Practical Exercise</b> 11:15a-12p Shawn Gym			<b>Fit for Life</b> 11:15a-12p Madi Aerobics			
5pm	<b>Barre Fitness</b> 5-5:45p Valarie Aerobics	<b>RPM*</b> 5-5:45p Chris A. Cycle Studio	<b>LM SPRINT*</b> 5-5:30p Amanda Cycle Studio	<b>S.T./KB Fusion*</b> 5:15-6p Nikki Gym	*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 <a href="http://bhfc.clubautomation.com">bhfc.clubautomation.com</a> .  Pre- & post-natal fitness requires registration for a 6-week session. You can register online at <a href="http://ascension.org/events">ascension.org/events</a> . The next session starts 4/11.  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 <a href="http://fitness.borgess.com">fitness.borgess.com</a> .		
	<b>Cycle*</b> 5:30-6:15p Michelle Cycle Studio	<b>XPRESS Factor*</b> 5:30-6p Matt Fitness Studio		<b>XPRESS Factor*</b> 5:30-6p Matt Fitness Studio			
6pm	<b>TBC</b> 6-6:45p Nikki Gym	<b>BODYSTEP</b> 6-7p Janel Gym	<b>BODYPUMP</b> 6-7p Tami Gym	<b>RPM*</b> 6-6:45p Tami Cycle Studio	Questions regarding a class or format or need help registering for classes? Contact our Group Exercise Coordinator: Jessica.Goldsmith@ascension.org or 269-552-2343		
	<b>Vinyasa Yoga</b> 6-7p Marin Aerobics	<b>\$ Postnatal Fitness*</b> 6:30-7:15pm Amanda Aerobics	<b>Zumba</b> 6-6:45p Kelly Aerobics	<b>\$ Prenatal Yoga*</b> 6:30-7:15pm Alonja Aerobics			

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

**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.