

Class Schedule

FALL 2022
EFFECTIVE SEPT. 6

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------|--|--|--|---|--|--|--|
| 5:45-6:15a | S.T./KB Fusion* 5:45-6:30a Nikki Gym | XPRESS Factor* 5:45-6:15a Aaron Fitness Studio | Cycle* 5:45-6:45a Janet Cycle Studio | XPRESS Factor* 5:45-6:15a Madi Fitness Studio | TBC 5:45-6:30a Nikki Aerobics | | |
| | | XPRESS Factor* 6:15-6:45a Aaron Fitness Studio | | XPRESS Factor* 6:15-6:45a Madi Fitness Studio | | BODYPUMP 7:15-8a Takara Gym | |
| 7am | BODYPUMP 7-8a Rita Gym | LM SPRINT* 7-7:30a Amanda Cycle Studio | TBC 7-7:45a Madi Gym | | BODYPUMP 7-8a Amy Gym | BODYSTEP 8:15-9am Janel Gym | |
| 8am | LM CORE 8:15-8:45a Rita Gym | Barre Fitness 8-8:45a Valarie Aerobics | Suspension Training* 8-8:45a Madi Gym | Mat Pilates 8-8:45a Valarie Aerobics | LM CORE 8:15-8:45a Amy Gym | LM SPRINT* 8:30-9a Chris A Cycle Studio | |
| 9am | Step Aerobics 9-9:45a Deb G. Gym | TBC 9-9:45a Linda Gym | Step 9-9:45a Madi Gym | Zumba 9-9:45a AJ Gym | BODYSTEP 9-9:45a Amy Gym | Suspension Training* 9:15-10a 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 | Mobility Flow 9-9:45a Madi Aerobics | Cycle* 9-9:45a Michelle Cycle Studio | Vinyasa Yoga 9-10:15a Cathy Aerobics | |
| | Gentle Yoga 9-9:45a Valarie Aerobics | | Vinyasa Yoga 9-10a Valarie Aerobics | | Cardio Drumming 9-9:45a AJ Aerobics | | |
| 10am | TBC 10-10:45a Matt 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 Rita Gym | | BODYPUMP 10:15-11:15a Rotation Gym |
| | Mobility Flow 10-10:45a Amanda Aerobics | Vinyasa Yoga 10-10:55a Jess G Aerobics | Barre Fitness 10:15-11a Valarie Aerobics | Fit for Life 10-10:45a Madi Aerobics | Mobility Flow 10-10:45a Amanda Aerobics | | BODYBALANCE 10:30-11:30am Andrea Aerobics |
| 11am | BODYBALANCE 11a-12p Amy Aerobics | Cardio Drumming 11-11:45a Madi Aerobics <i>Starts 9/13</i> | Practical Exercise 11:15a-12p Chris B Gym | TBC 11-11:45am Matt Gym | Restorative Yoga 11a-12p Jess G Aerobics | | |
| | Practical Exercise 11:15a-12p Shawn Gym | Qi Gong 12-1pm Aerobics <i>9/13, 10/11, 11/8 and 12/13 only</i> | | BODYBALANCE 11a-12p Jess Aerobics | \$ Postnatal Fitness* 11a-11:45a Amanda Fit Studio | | |

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| 5pm | Zumba 5-5:45p Kelly 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 |
| | | XPRESS Factor* 5:30-6p Matt Fitness Studio | BODYSTEP 5-5:45pm Janel Gym | XPRESS Factor* 5:30-6p Matt Fitness Studio |
| 6pm | TBC 6-6:45p Nikki Gym | LM Core 6-6:45p Janel Gym | BODYPUMP 6-7p Tami Gym | RPM* 6-6:45p Tami Cycle Studio |
| | Vinyasa Yoga 6-7p Marin Aerobics | | Mobility Flow 6-6:45p Matt Aerobics | |

*All Cycle, RPM, LM SPRINT, Suspension Training, ST/Kettlebell Fusion & XPRESS Factor classes require sign-up as space is limited. Reserve your space at bhfc.clubautomation.com.



Pre- & post-natal fitness requires registration for a 6-week session. Register online at ascension.org/events.

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.

Questions regarding a class or format? Contact: madison.barry@ascension.org

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



Ascension
Borgess

HEALTH & FITNESS



Class Descriptions

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.

Mind/Body Formats

BODYBALANCE™ is Les Mills' signature mind-body 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.

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.

Gentle Classes

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.