

# Class Schedule

Effective February 6, 2023

Start:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:15a	<b>S.T./KB Fusion*</b> 5:45-6:30a Nikki <i>Gym</i>	<b>XPRESS Factor*</b> 5:45-6:15a Aaron <i>Fitness Studio</i>	<b>Cycle*</b> 5:45-6:45a Janet <i>Cycle Studio</i>	<b>XPRESS Factor*</b> 5:45-6:15a Madi <i>Fitness Studio</i>	<b>TBC</b> 5:45-6:30a Nikki <i>Aerobics</i>		
		<b>XPRESS Factor*</b> 6:15-6:45a Aaron <i>Fitness Studio</i>		<b>XPRESS Factor*</b> 6:15-6:45a Madi <i>Fitness Studio</i>			
6:30-7a	<b>BODYPUMP</b> 7-8a Rita <i>Aerobics</i>	<b>LM SPRINT*</b> 7-7:30a Amanda <i>Cycle</i>	<b>TBC</b> 7-7:45a Matt <i>Aerobics</i>	<b>Dance Aerobics</b> 6:30-7:15a Kelly <i>Aerobics</i>	<b>BODYPUMP</b> 7-8a Amy <i>Aerobics</i>	<b>BODYPUMP</b> 7:15-8a Takara <i>Aerobics</i>	
8-8:15a	<b>LM CORE</b> 8:15-8:45a Rita <i>Aerobics</i>	<b>Barre Fitness</b> 8-8:45a Valarie <i>Aerobics</i>	<b>Vinyasa Yoga</b> 8-8:45a Marin <i>Aerobics</i>	<b>Mat Pilates</b> 8-8:45a Valarie <i>Aerobics</i>	<b>LM CORE</b> 8:15-8:45a Amy <i>Aerobics</i>	<b>BODYSTEP</b> 8:15-9am Janel <i>Aerobics</i>	
8:30-9:15a	<b>Step Aerobics</b> 9-9:45a Rotation <i>Aerobics</i>		<b>Step Aerobics</b> 9-9:45a Madi <i>Aerobics</i>	<b>Zumba</b> 9-9:45a AJ <i>Aerobics</i>	<b>Cycle*</b> 9-9:45a Michelle <i>Cycle</i>	<b>LM SPRINT*</b> 8:30-9a Chris A <i>Cycle Studio</i>	<b>Cycle*</b> 9:15-10a Janet <i>Cycle Studio</i>
	<b>RPM*</b> 9-9:45a Linda <i>Cycle</i>	<b>Fit for Life</b> 9-9:45a Shawn <i>Aerobics</i>	<b>RPM*</b> 9-9:45a Linda <i>Cycle</i>	<b>BODYBALANCE</b> 9-10a Amy <i>Cycle</i>	<b>Cardio Drumming</b> 9-9:45a AJ <i>Aerobics</i>	<b>Vinyasa Yoga</b> 9:15-10:30a Cathy <i>Aerobics</i>	
10-10:30a	<b>Mobility Flow</b> 10-10:45a Amanda <i>Aerobics</i>	<b>S.T./KB Fusion*</b> 10-10:45a Amanda <i>Gym</i>	<b>BODYPUMP</b> 10-11a Linda <i>Aerobics</i>	<b>Suspension Training*</b> 10-10:45a Chris B <i>Gym</i>	<b>Mobility Flow</b> 10-10:45a Amanda <i>Aerobics</i>		<b>BODYPUMP</b> 10:15-11:15a Rotation <i>Aerobics</i>
	<b>TBC</b> 10-10:45a Matt <i>Gym</i>	<b>Vinyasa Yoga</b> 10-10:55a Jess G <i>Aerobics</i>		<b>Fit for Life</b> 10:15-11 Madi <i>Aerobics</i>			<b>BODYBALANCE</b> 11:30-12:30p Andrea <i>Aerobics</i>
11a-12p	<b>Practical Exercise</b> 11:15a-12p Shawn <i>Gym</i>	<b>Cardio Drumming</b> 11:10-11:55p Madi <i>Aerobics</i>	<b>Practical Exercise</b> 11:15a-12p Chris B <i>Gym</i>	<b>Mobility Flow</b> 11:15-12p Madi <i>Aerobics</i>	<b>Restorative Yoga</b> 11a-12p Jess G <i>Aerobics</i>		
		<b>Qi Gong/Tai Chi</b> 12-1p Scott <i>Aerobics</i>	<b>Dance Aerobics</b> 12-12:45p Madi <i>Aerobics</i>	<b>XPRESS Factor*</b> 11:15-11:45a Matt <i>Fitness Studio</i>	<b>Practical Exercise</b> 11:15-12p Michelle <i>Gym</i>		
					<b>\$Postnatal Fitness</b> Amanda 11a-12p <i>Fitness Studio</i>		
5p & later	<b>Zumba</b> 5-5:45p Kelly <i>Aerobics</i>	<b>RPM*</b> 5-5:45p Chris A. <i>Cycle</i>	<b>LM SPRINT*</b> 5-5:30p Amanda <i>Cycle</i>	<b>TBC</b> 5:15-6p Nikki <i>Aerobics</i>	*Cycle, RPM, LM SPRINT, Suspension Training, ST/Kettlebell Fusion, Late Night Lift, & XPRESS Factor require sign-up as space is limited. Reserve your space at <a href="http://bhfc.clubautomation.com">bhfc.clubautomation.com</a>		
	<b>TBC</b> 6-6:45p Nikki <i>Gym</i>	<b>XPRESS Factor*</b> 5:30-6p Matt <i>Fitness Studio</i>	<b>BODYSTEP</b> 5-5:45pm Janel <i>Aerobics</i>	<b>XPRESS Factor*</b> 5:30-6p Matt <i>Fitness Studio</i>			
	<b>Vinyasa Yoga</b> 6-7p Marin <i>Aerobics</i>	<b>LM Core</b> 6-6:45p Janel <i>Aerobics</i>	<b>BODYPUMP</b> 6-7p Tami <i>Aerobics</i>	<b>RPM*</b> 6-6:45p Tami <i>Cycle Studio</i>			
	<b>Late Night Lift*</b> 7:15-8p Madi <i>Fitness Studio</i>	<b>BODYBALANCE</b> 7-8p Amy <i>Aerobics</i>	<b>Mobility Flow</b> 7:15-8p Madi <i>Aerobics</i>				



Pre- & post-natal fitness requires registration for a 6-week session. Register online at [ascension.org/events](http://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](http://fitness.borgess.com).

Questions regarding a class or format? Contact: [madison.barry@ascension.org](mailto:madison.barry@ascension.org)

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



**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.

Dance Aerobics is a full body workout that involves simple repetitive movements to fun up-beat songs. No dancing experience is required.

## 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.

## 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. This workout will help to increase your body's efficiency, increase core strength.

Late night lift is a full body Strength Workout. Using a combination of fixed bars, kettlebells, and dumbbells, to target each major muscle group to progress your overall strength.

## 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.

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.

Qi Gong / Tai Chi are ancient Chinese practices 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

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.

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 (foam rollers & tennis balls) & body weight movements to get you moving better for fitness or athletic performance & for everyday life.



Wondering what class is for you?

Reach out to ABHF Group Exercise Coordinator:

[madison.barry@ascension.org](mailto:madison.barry@ascension.org)

