

# Class Schedule

EFFECTIVE SEPTEMBER 11, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:45-8am</b>	<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 Cycle	<b>XPRESS Factor*</b> 5:45-6:15a Fred <i>Fitness Studio</i>	<b>TBC</b> 5:45-6:30a Nikki <i>Aerobics</i>		
		<b>Guts &amp; Butts</b> 5:45-6:30a Nikki <i>Aerobics</i>		<b>XPRESS Factor*</b> 6:15-6:45a Fred <i>Fitness Studio</i>			
	<b>BODYPUMP</b> 7-8a Rita <i>Aerobics</i>	<b>XPRESS Factor*</b> 6:15-6:45a Aaron <i>Fitness Studio</i>	<b>TBC Circuit</b> 7-7:45a Madi <i>Aerobics</i>	<b>LM SPRINT*</b> 7-7:30a Amy Cycle	<b>BODYPUMP</b> 7-8a Amy <i>Aerobics</i>		
	<b>LM CORE</b> 8:15-8:45a Rita <i>Aerobics</i>	<b>LM SPRINT*</b> 7-7:30a Amanda Cycle	<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>8-10am</b>	<b>Step Aerobics</b> 9-9:45a Gwen <i>Aerobics</i>	<b>Barre Fitness</b> 8-8:45a Valarie <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>Beginner Yoga</b> 9-10am Apral <i>Mobility Studio</i>	<b>BODYSTEP</b> 8:15-9am Janel <i>Aerobics</i>	
	<b>RPM*</b> 9-9:45a Linda Cycle	<b>TBC Circuit</b> 9-9:45a Linda <i>Gym</i>	<b>RPM*</b> 9-9:45a Linda Cycle	<b>BODYBALANCE</b> 9-10a Amy <i>Mobility Studio</i>	<b>RPM*</b> 9-9:45a Amy Cycle	<b>LM SPRINT*</b> 8:30-9a Chris A Cycle	<b>Cycle*</b> 9:15-10a Janet Cycle
	<b>Mobility Flow</b> 10-10:45a Amanda <i>Aerobics</i>	<b>Fit for Life</b> 9-9:45a Shawn <i>Aerobics</i>	<b>BODYPUMP</b> 10-11a Linda <i>Aerobics</i>	<b>Suspension Training*</b> 10-10:45a Chris B <i>Gym</i>	<b>Cardio Drumming</b> 9-9:45a AJ <i>Aerobics</i>	<b>Suspension Training*</b> 9-9:45a Nikki <i>Gym</i>	
<b>10a-12pm</b>	<b>TBC</b> 10-10:45a Madi <i>Gym</i>	<b>S.T./KB Fusion*</b> 10-10:45a Amanda <i>Gym</i>	<b>ChairYoga</b> 10-10:45a Marin <i>Mobility Studio</i>	<b>Fit for Life</b> 10-10:45a Madi <i>Aerobics</i>	<b>Mobility Flow</b> 10-10:45a Amanda <i>Aerobics</i>	<b>Vinyasa Yoga</b> 9:15-10:30a Cathy <i>Aerobics</i>	<b>BODYPUMP</b> 10:15-11:15a Takara <i>Aerobics</i>
	<b>Practical Exercise</b> 11:15a-12p Shawn <i>Gym</i>	<b>Vinyasa Yoga</b> 10-10:55a Apral <i>Aerobics</i>	<b>Practical Exercise</b> 11:15a-12p Chris B <i>Gym</i>	<b>Mobility Flow</b> 11-11:45am Madi <i>Aerobics</i>	<b>BODYPUMP</b> 11a-12p Rita <i>Aerobics</i>		<b>BODYBALANCE</b> 11:30-12:30p Andrea <i>Aerobics</i>
		<b>Cardio Drumming</b> 11:10-11:55a Madi <i>Aerobics</i>		<b>XPRESS Factor*</b> 11:15-11:45a Chris B <i>Fitness Studio</i>	<b>RestorativeYoga</b> 11-12p Apral <i>Mobility Studio</i>		
				<b>Qi Gong/Tai Chi</b> 11am-12pm Scott M. <i>Mobility Studio</i>	<b>Practical Exercise</b> 11:15-12p Chris B <i>Gym</i>		

<b>5pm&amp; later</b>	<b>Zumba</b> 5-5:45p Kelly <i>Aerobics</i>	<b>RPM*</b> 5-5:45p Chris A. Cycle	<b>Zumba</b> 5-5:45p Kelly <i>Aerobics</i>	<b>Barre Fitness</b> 5:15-6p Nikki <i>Aerobics</i>
	<b>RPM*</b> 5:30-6p Janel Cycle	<b>XPRESS Factor*</b> 5:30-6p Nick <i>Fitness Studio</i>	<b>LM SPRINT*</b> 5-5:30p Amanda Cycle	<b>XPRESS Factor*</b> 5:30-6p Nick <i>Fitness Studio</i>
	<b>TBC</b> 6-6:45 Nikki <i>Gym</i>	<b>LM CORE</b> 6-6:30p Janel <i>Aerobics</i>	<b>R.I.P.P.E.D</b> 6-6:45p Nikki <i>Aerobics</i>	<b>Belly Dancing &amp; Circle Mobility</b> 6-6:45p Andrea <i>Mobility Studio</i>
	<b>Vinyasa Yoga</b> 6-7p Marin <i>Aerobics</i>		<b>XPRESS Mobility*</b> 6:45-7:15p Aaron <i>Mobility Studio</i>	<b>BODYPUMP</b> 6:30-7:15p Takara <i>Aerobics</i>

Format Key	Cardio	Strength	Combination (Strength/Cardio)
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Mind/Body	Gentle	\$Pre/Post- Natal Fitness
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**Ascension  
Borgess**

HEALTH & FITNESS

**\*Cycle, RPM, LM SPRINT, Suspension  
Training, S.T./KB Fusion,  
& XPRESS Factor require sign-up  
as space is limited.**



Reserve your space at [bhfc.clubautomation.com](https://bhfc.clubautomation.com)

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

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



# Class Descriptions



Questions?  
Reach out to Group Exercise  
Coordinator:

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

## 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.

Chair Yoga is a combo seated/standing yoga class using a chair as a prop for both balance and support. This class allows you to modify your yoga practice based on and is suitable for those working with injuries, inflexibility, balance issues, or anyone looking for extra support.

Beginner Yoga is a great class for those new to yoga or seniors. This class will be slow-paced with minimal flow between poses. It will incorporate relaxation & breathing techniques with stretches and basic poses.

## 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.

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 strength 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.

Guts & Butts focuses on toning the abdominals, glutes, and improving our core stability! Using a variety of equipment and body weight, this class will help you build long lean muscles.

## 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.

XPRESS Mobility involves the same goals as Mobility Flow, but in an XPRESS format! In 30 minutes, you will go through a variety of stretches and movements to improve range of motion, balance, and flexibility.

## 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.

## 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/TBC Circuit - Total Body Conditioning incorporates cardio conditioning & strength movements with minimal rest. 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.

R.I.P.P.E.D. is the One-Stop Body Shock! This class combines Resistance, Interval, Power, Plyometrics, Endurance, core and an online Diet program to help everybody meet their ultimate fitness goals in a super fun group exercise environment.