

# Class Schedule

EFFECTIVE APRIL 1, 2024



Almost Summer...

SPRING into Fitness!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-7am	<b>S.T./KB Fusion*</b> 5:45-6:30a Nikki Gym	<b>XPRESS Factor*</b> 5:45-6:15a Aaron Fitness Studio	<b>Cycle*</b> 5:45-6:45a Janet Cycle Studio	<b>XPRESS Factor*</b> 5:45-6:15a Amy Fitness Studio	<b>TBC</b> 5:45-6:30a Nikki Aerobic Studio		
		<b>Guts &amp; Butts</b> 5:45-6:30a Nikki Aerobic Studio	<b>MetHIIT</b> 6-6:45am Nikki Fitness Studio	<b>XPRESS Factor*</b> 6:15-6:45a Amy Fitness Studio	<b>LM SPRINT*</b> 6:45-7:15a Kim G Cycle Studio		
	<b>LM SPRINT*</b> 6:45-7:15a Kim G Cycle Studio	<b>XPRESS Factor*</b> 6:15-6:45a Aaron Fitness Studio			<b>BODYPUMP</b> 7-8a Amy Aerobic Studio		
7-8am	<b>BODYPUMP</b> 7-8a Rita Aerobic Studio	<b>LM SPRINT*</b> 7-7:30a Amanda Cycle Studio		<b>LM SPRINT*</b> 7-7:30a Amy Cycle Studio	<b>LM CORE</b> 8:15-8:45a Amy Aerobic Studio		
8-9am	<b>LM CORE</b> 8:15-8:45a Rita Aerobic Studio	<b>Barre Fitness</b> 8-8:45a Valarie Aerobic Studio	<b>Vinyasa Yoga</b> 8-8:45a Marin Aerobic Studio	<b>Mat Pilates</b> 8-8:45a Valarie Aerobic Studio	<b>Beginner Yoga</b> 9-10a Apral Mobility Studio		
9-10am	<b>Step Aerobics</b> 9-9:45a Gwen Aerobic Studio	<b>TBC Circuit</b> 9:15-10a Linda Gym	<b>Step Aerobics</b> 9-9:45a Rotation Aerobic Studio	<b>Zumba</b> 9-9:45a AJ Aerobic Studio	<b>RPM*</b> 9-9:45a Amy Cycle Studio	<b>LM SPRINT*</b> 8:30-9a Chris A Cycle Studio	<b>Cycle*</b> 9:15-10a Janet Cycle Studio
	<b>RPM*</b> 9-9:45a Linda Cycle Studio	<b>Fit for Life</b> 9-9:45a Shawn Aerobic Studio	<b>RPM*</b> 9-9:45a Linda Cycle Studio	<b>BODYBALANCE</b> 9-10a Amy Mobility Studio	<b>Cardio Drumming</b> 9-9:45a AJ Aerobic Studio	<b>Suspension Training*</b> 9-9:45a Nikki Gym	
10a-12pm	<b>Mobility Flow</b> 10-10:45a Amanda Aerobic Studio	<b>S.T./KB Fusion*</b> 10:15-11a Amanda Gym	<b>BODYPUMP</b> 10-11a Linda Aerobic Studio	<b>Suspension Training*</b> 10-10:45a Chris B Gym	<b>Mobility Flow</b> 10-10:45a Amanda Aerobic Studio	<b>Vinyasa Yoga</b> 9:15-10:30a Cathy Aerobic Studio	<b>BODYPUMP</b> 10:15-11:15a Rotation Aerobic Studio
	<b>TBC</b> 10-10:45a Jordan Gym	<b>Vinyasa Yoga</b> 10-10:55a Apral Aerobic Studio	<b>Chair Yoga</b> 10-10:45a Marin Mobility Studio	<b>Fit for Life</b> 10-10:45a Shawn Aerobic Studio	<b>TBC</b> 10-10:45a Jordan Gym		<b>BODYBALANCE</b> 11:30-12:30p Andrea Aerobic Studio
	<b>Practical Exercise</b> 11:15a-12p Shawn Gym		<b>Practical Exercise</b> 11:15a-12p Chris B Gym	<b>XPRESS Factor*</b> 11:15-11:45a Chris B Fitness Studio	<b>BODYPUMP</b> 11a-12p Rita Aerobic Studio		
					<b>Restorative Yoga</b> 11-12p Apral Mobility Studio		
4pm & later	<b>Zumba</b> 5-5:45p Kelly Aerobic Studio	<b>Body Bootcamp</b> 4-4:45p Matt Aerobic Studio	<b>Zumba</b> 5-5:45p Kelly Aerobic Studio	<b>BODYBALANCE</b> 5-5:45p Andrea Aerobic Studio	<p><b>*Cycle, RPM, LM SPRINT, Suspension Training, S.T./KB Fusion, &amp; XPRESS Factor require sign-up as space is limited.</b></p> <p>Reserve your space at <a href="http://bhfc.clubautomation.com">bhfc.clubautomation.com</a></p> 		
	<b>MetHIIT</b> 5:15-6p Matt Mobility Studio	<b>RPM*</b> 5-5:45p Chris A. Cycle Studio	<b>LM SPRINT*</b> 5-5:30p Amanda Cycle Studio	<b>Breath Work</b> 5:30-6p Apral Mobility Studio			
	<b>TBC</b> 6-6:45p Nikki Gym	<b>XPRESS Factor*</b> 5:30-6p Nick Fitness Studio	<b>R.I.P.E.D</b> 6-6:45p Nikki Aerobic Studio	<b>XPRESS Factor*</b> 5:30-6p Nick Fitness Studio			
	<b>Vinyasa Yoga</b> 6-7p Marin Aerobic Studio	<b>LM CORE</b> 6-6:30p Janel Aerobic Studio	<b>XPRESS Mobility*</b> 6:45-7:15p Aaron Mobility Studio	<b>Belly Dance &amp; CIRCL Mobility</b> 6-6:45p Andrea Aerobic Studio			

Format Key	Cardio	Strength	Combination (Strength/Cardio)	Mind/Body	Gentle
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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? Contact: [madison.barry@ascension.org](mailto:madison.barry@ascension.org)