

# Class Schedule

EFFECTIVE MAY 6, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-7am	<b>S.T./KBFusion*</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 Amy <i>Fitness Studio</i>	<b>TBC</b> 5:45-6:30a Nikki <i>Aerobics Studio</i>		
		<b>Guts &amp; Butts</b> 5:45-6:30a Nikki <i>Aerobics Studio</i>	<b>MethIIT</b> 6-6:45am Nikki <i>Fitness Studio</i>		<b>LM SPRINT*</b> 6:45-7:15a Kim G <i>Cycle Studio</i>		
	<b>LM SPRINT*</b> 6:45-7:15a Kim G <i>Cycle Studio</i>	<b>XPRESS Factor*</b> 6:15-6:45a Aaron <i>Fitness Studio</i>		<b>XPRESS Factor*</b> 6:15-6:45a Amy <i>Fitness Studio</i>	<b>BODYPUMP</b> 7-8a Amy <i>Aerobics Studio</i>		
7-8am	<b>BODYPUMP</b> 7-8a Rita <i>Aerobics Studio</i>	<b>LM SPRINT*</b> 7-7:30a Amanda <i>Cycle Studio</i>		<b>LM SPRINT*</b> 7-7:30a Amy <i>Cycle Studio</i>	<b>LM CORE</b> 8:15-8:45a Amy <i>Aerobics Studio</i>		
8-9am	<b>LM CORE</b> 8:15-8:45a Rita <i>Aerobics Studio</i>	<b>Barre Fitness</b> 8-8:45a Valarie <i>Aerobics Studio</i>	<b>Vinyasa Yoga</b> 8-8:45a Marin <i>Aerobics Studio</i>	<b>Mat Pilates</b> 8-8:45a Valarie <i>Aerobics Studio</i>	<b>Beginner Yoga</b> 9-10a Apral <i>Mobility Studio</i>		
9-10am	<b>Step Aerobics</b> 9-9:45a Gwen <i>Aerobics Studio</i>	<b>TBC Circuit</b> 9:15-10a Linda <i>Gym</i>	<b>Step Aerobics</b> 9-9:45a Gwen <i>Aerobics Studio</i>	<b>Zumba</b> 9-9:45a AJ <i>Aerobics Studio</i>	<b>RPM*</b> 9-9:45a Amy <i>Cycle Studio</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 Studio</i>	<b>Fit for Life</b> 9-9:45a Shawn <i>Aerobics Studio</i>	<b>RPM*</b> 9-9:45a Linda <i>Cycle Studio</i>	<b>Suspension Training*</b> 10-10:45a Chris B <i>Gym</i>	<b>Cardio Drumming</b> 9-9:45a AJ <i>Aerobics Studio</i>	<b>Suspension Training*</b> 9-9:45a Nikki <i>Gym</i>	
10a-12pm	<b>Mobility Flow</b> 10-10:45a Amanda <i>Aerobics Studio</i>	<b>S.T./KBFusion*</b> 10:15-11a Amanda <i>Gym</i>	<b>BODYPUMP</b> 10-11a Linda <i>Aerobics Studio</i>	<b>Fit for Life</b> 10-10:45a Madi <i>Aerobics</i>	<b>Mobility Flow</b> 10-10:45a Amanda <i>Aerobics Studio</i>	<b>Vinyasa Yoga</b> 9:15-10:30a Cathy <i>Aerobics Studio</i>	<b>BODYPUMP</b> 10:15-11:15a Rotation <i>Aerobics Studio</i>
	<b>TBC</b> 10-10:45a Jordan <i>Gym</i>	<b>Vinyasa Yoga</b> 10-10:55a Apral <i>Aerobics Studio</i>	<b>ChairYoga</b> 10-10:45a Marin <i>Mobility Studio</i>		<b>TBC</b> 10-10:45a Jordan <i>Gym</i>		<b>BODYBALANCE</b> 11:30-12:30p Andrea <i>Aerobics Studio</i>
	<b>Practical Exercise</b> 11:15a-12p Shawn <i>Gym</i>		<b>Practical Exercise</b> 11:15a-12p Chris B <i>Gym</i>		<b>BODYPUMP</b> 11am-12pm Rita <i>Aerobics Studio</i>		
					<b>RestorativeYoga</b> 11-12p Apral <i>Mobility Studio</i>		
5pm & later	<b>Zumba</b> 5-5:45p Kelly <i>Aerobics Studio</i>	<b>RPM*</b> 5-5:45p Chris A. <i>Cycle Studio</i>	<b>Kickboxing</b> 5-5:45p Jordan <i>Aerobics Studio</i>	<b>BODYBALANCE</b> 5:30-6:15pm Andrea <i>Aerobics Studio</i>	<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> 5:15-6pm Matt <i>Mobility Studio</i>	<b>XPRESS Factor*</b> 5:30-6p Nick <i>Fitness Studio</i>	<b>LM SPRINT*</b> 5-5:30p Amanda <i>Cycle Studio</i>	<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 Studio</i>	<b>R.I.P.P.E.D</b> 6-6:45p Nikki <i>Aerobics Studio</i>				
	<b>Vinyasa Yoga</b> 6-7p Marin <i>Aerobics Studio</i>		<b>XPRESS Mobility*</b> 6:45-7:15p Aaron <i>Mobility Studio</i>				

SUMMERTIME & FEELING FINE

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

# Class Descriptions



Questions?  
Reach out to Group Exercise  
Coordinator:  
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.

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.

Breath Work is a 30-minute class designed to help center yourself, reduce stress, and just breathe! Each class will focus on a different breathing exercise, how to do it safely, and what the benefits are. Participants who are pregnant or have a known respiratory illness/condition should NOT participate in this class. If you have questions, please consult with your physician.

## 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!

Kickboxing is a high intensity cardio workout! This class will include a variety of non-contact kicks, punches, and other movements to elevate your heart rate and improve agility. With elements of martial arts, this class can also improve coordination and balance.

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

Body Bootcamp is a full body burn that will challenge both your muscles and cardiovascular system. This class will introduce strength and cardio exercises to help you meet your fitness goals.

MetHIIT is a class focused on high intensity intervals of work with short rest periods.

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.