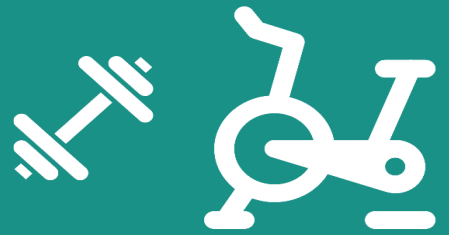


Adult Fitness

Registration Classes at ABHF



Winter 2025

To register, please visit

<https://ascension-mi.regfox.com/adult-fitness-winter-2025>

ABHF members do NOT need to register.

All classes are held at Ascension Borgess Health & Fitness.

Cost is shown for 6-week sessions. Registrants attend class once a week, for 6 weeks.

Winter 1: January 13 - February 22

Winter 2: February 24 - April 5

Strength

BODYPUMP™

BODYPUMP is Les Mills' signature strength training workout with fun tempos and music that will target all your muscles. This workout uses barbells and the REP EFFECT to tone and strengthen your entire body. Cost is \$60 for non-members.

Wednesday: 10-11am (Aerobics Studio)

Thursday: 5:45-6:30am (Aerobics Studio)

Thursday (Express Format): 5:30-6pm (Aerobics Studio)

Saturday (Express Format): 7:15-7:45am (Aerobics Studio)

Sunday: 10:15-11a (Aerobics Studio)

Les Mills Core™

Les Mills Core is inspired by elite athletic training principles and is a scientific based workout to build strength, stability and endurance in the muscles that support your core. This class will improve balance, assist with injury prevention and help you become better at everything you do. Cost is \$60 for non-members.

Monday: 8:15-8:45am (Aerobics Studio)

Tuesday: 6-6:30pm (Aerobics Studio)

Friday: 8:15-8:45am (Aerobics Studio)

Suspension Training

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. Cost is \$60 for non-members.

Saturday: 9-9:45am (Gym)

ST/KB Fusion

S.T./KB Fusion integrates Suspension training with kettlebell lifts, using exercises that are dynamic & powerful. This workout



will help increase your body's efficiency and increase core strength. Cost is \$60 for non-members.

Saturday: 8-8:45am (Gym Floor)

Cardio

Cycle

Cycle is a low-impact ride that simulates varied terrains as you tackle rolling hills, sprints & other drills to challenge your cardiovascular system & build muscular endurance, strength and power. Cost is \$60 for non-members.

Sunday: 9:15-10am (Cycle Studio)

Wednesday: 5:45-6:45am (Cycle Studio)

Les Mills SPRINT™

LES MILLS SPRINT is a 30-minute HIIT workout, using an indoor bike to achieve fast results and drive your body to burn calories long after you've stopped exercising. It's a short, high-intensity & low-impact style of training where the motivation comes from pushing your limits. Class is \$60 for non-members.

Monday: 6:45-7:15am (Cycle Studio)

Wednesday: 5-5:30pm (Cycle Studio)

Friday: 6:45-7:15am (Cycle Studio)

RPM™

RPM is Les Mills challenging yet fun non-impact cycling journey to push your cardiovascular fitness to the next level, regardless of your starting point. Unleash your inner athlete with high energy songs of varying profiles. Cost is \$60 for non-members.

Tuesday: 5-5:45pm (Cycle Studio)

Zumba®

Zumba® is a dynamic fusion of Latin & International music/dance rhythms with moves & combinations that are fun & easy to learn. Cost is \$60 for non-members.

Monday: 5-5:45pm (Aerobics Studio)

Wednesday: 5-5:45pm (Aerobics Studio)

Thursday: 9-9:45am (Aerobics Studio)

Kickboxing

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. Cost is \$60 for non-members.

Wednesday: 5-5:45pm (Aerobics Studio)

Combination Strength + Cardio

TBC

TBC - Total Body Conditioning incorporates a variety of exercises to work the entire body. Cardio conditioning and strength movements with minimal rest combined with motivating instruction make this the class that will take your fitness to the next level. Cost is \$60 for non-members.

Monday: 10-10:45am (Gym Floor)

Monday: 6-6:45pm (Gym Floor)

Tuesday: 9:15-10am (Gym Floor)

Friday: 5:45-6:30am (Aerobics Studio)

Friday: 10-10:45am (Gym Floor)

Mind/Body

Beginner Yoga

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. Cost is \$60 for non-members.

Friday: 9-10am (Mobility Studio)

BODYBALANCE™

BODYBALANCE is Les Mill's signature yoga-based class that will improve your mind, your body and your life. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses with roots in Yoga, Pilates, and Tai Chi create a holistic workout that brings your body into a state of harmony and balance. Cost is \$60 for non-members.

Wednesday: 11:15-12pm (Aerobics Studio)

Thursday (Express Format): 6:10-6:40pm (Aerobics Studio)

Sunday: 11:30-12:30pm (Aerobics Studio)

Mobility Flow

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. Cost is \$60 for non-members.

Friday: 10-10:45am (Aerobics Studio)

Chair Yoga

Chair yoga is a combined seated/standing yoga class using a chair as a prop for both balance and support. This class allows you to modify your yoga practice, and is suitable for those with injuries, inflexibility, or balance issues.

Monday: 10-10:45am (Aerobics Studio)

Wednesday: 10-10:45am (Mobility Studio)

Vinyasa 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. Cost is \$60 for non-members.

Monday: 6-7pm (Aerobics Studio)

Wednesday: 8-8:45am (Aerobics Studio)

Tuesday: 10:15-11:30am (Aerobics Studio)

Saturday: 9:15-10:30am (Aerobics Studio)

Senior Fitness

Cardio Drumming

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! Cost is \$60 for non-members.

Friday: 9-9:45am (Aerobics Studio)

Practical Exercise

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. Cost is \$60 to attend once per week, \$120 to attend ALL 3 sessions per week!

Monday: 11:15-12pm (Gym)

Wednesday: 11:15-12pm (Gym)

Friday: 11:15-12pm (Gym)

Healthy Steps

Healthy Steps is a year-round indoor walking program. The class starts with the instructor leading the group through a warm-up, followed by walking laps around the gym to fun, upbeat music, and ends with a cool-down and stretch. \$20 for the full calendar year. **Register at the front desk.**

Tuesdays & Thursdays 8-9am