

# Class Schedule

Effective Monday, January 6

Start:	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 Madi Fitness Studio	<b>TBC</b> 5:45-6:30a Nikki Aerobics Studio		
		<b>Guts &amp; Butts</b> 5:45-6:30a Nikki Aerobics Studio	<b>MetHIIT</b> 5:45-6:30a Nikki Fitness Studio	<b>BODYPUMP</b> 5:45-6:30a Nikki Aerobics Studio			
	<b>LM SPRINT*</b> 6:45-7:15am Kim G Cycle Studio	<b>XPRESS Factor*</b> 6:15-6:45a Aaron Fitness Studio		<b>XPRESS Factor*</b> 6:15-6:45a Madi Fitness Studio	<b>LM SPRINT*</b> 6:45-7:15am Kim G Cycle Studio		
	<b>BODYPUMP</b> 7-8am Rita Aerobics Studio	<b>LM SPRINT*</b> 7-7:30am Amanda Cycle Studio	<b>TBC Circuit</b> 7-7:45am Janel Aerobics Studio	<b>LM SPRINT*</b> 7-7:30am Janet Cycle Studio	<b>BODYPUMP</b> 7-8am Amy Aerobics Studio	<b>BODYPUMP</b> 7:15-7:45am Nikki Aerobics Studio	
8am	<b>LM CORE</b> 8:15-8:45am Rita Aerobics Studio	<b>Barre Fitness</b> 8-8:45am Valarie Aerobics Studio	<b>Vinyasa Yoga</b> 8-8:45am Marin Aerobics Studio	<b>Mat Pilates</b> 8-8:45am Valarie Aerobics Studio	<b>LM CORE</b> 8:15-8:45am Amy Aerobics Studio	<b>S.T./KB Fusion*</b> 8-8:45am Nikki Gym	
9am	<b>Step Aerobics</b> 9-9:45am Rotation Aerobics Studio	<b>Fit for Life</b> 9-9:45am Shawn Aerobics Studio	<b>Step Aerobics</b> 9-9:45am Rotation Aerobics Studio	<b>Kettlebell</b> 9-9:30am Shawn Mobility Studio	<b>Beginner Yoga</b> 9-10am Alla Mobility Studio	<b>LM SPRINT*</b> 8:30-9am Chris A Cycle Studio	
		<b>TBC Circuit</b> 9:15-10am Linda Gym	<b>RPM*</b> 9-9:45am Linda Cycle Studio	<b>Zumba</b> 9-9:45am AJ Aerobics Studio	<b>RPM*</b> 9-9:45am Amy Cycle Studio	<b>Suspension Training*</b> 9-9:45am Nikki Gym	<b>Cycle*</b> 9:15-10am Janet Cycle Studio
10am	<b>Chair Yoga</b> 10-10:45am Marin Aerobics Studio	<b>ST/KB Fusion*</b> 10:15-11am Linda Gym	<b>Chair Yoga</b> 10-10:45am Marin Mobility Studio	<b>Suspension Training*</b> 10-10:45am Chris B Gym	<b>Mobility Flow</b> 10-10:45am Amanda Aerobics Studio		<b>BODYPUMP</b> 10:15-11am Tamara Aerobics Studio
	<b>TBC</b> 10-10:45am Jordan Gym	<b>Vinyasa Yoga</b> 10:15-11:30am Cathy Aerobics Studio	<b>BODYPUMP</b> 10am-11am Linda Aerobics Studio	<b>Fit for Life</b> 10-10:45am Madi Aerobics Studio	<b>TBC</b> 10-10:45am Jordan Gym		
11am	<b>Practical Exercise</b> 11:15-12pm Shawn Gym		<b>Practical Exercise</b> 11:15-12pm Chris B Gym		<b>BODYPUMP</b> 11am-12pm Madi Aerobics Studio		<b>BODYBALANCE</b> 11:15-12:15p Andrea Aerobics Studio
			<b>BODYBALANCE</b> 11:15-12p Amy Aerobics Studio		<b>Restorative Yoga</b> 11am-12pm Alla Mobility Studio		
4:30pm & later	<b>Zumba</b> 5-5:45pm Kelly Aerobics Studio	<b>RPM*</b> 5-5:45pm Chris A Cycle Studio	<b>Zumba</b> 5-5:45pm Kelly Aerobics Studio	<b>XPRESS Factor*</b> 5:30-6pm Nick Fitness Studio	<i>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 <a href="http://fitness.borgess.com">fitness.borgess.com</a></i>		
	<b>TBC</b> 6-6:45pm Nikki Gym	<b>XPRESS Factor*</b> 5:30-6pm Isaac Fitness Studio	<b>LM SPRINT*</b> 5-5:30pm Amanda Cycle Studio	<b>BODYPUMP</b> 5:30-6pm Andrea Aerobics Studio	<i>Questions? Contact: <a href="mailto:madison.barry@ascension.org">madison.barry@ascension.org</a></i>		
	<b>Vinyasa Yoga</b> 6-7pm Marin Aerobics Studio	<b>LM TONE</b> 5:30-6pm Janel Aerobics Studio	<b>Kickboxing</b> 5-5:45pm Jordan Mobility Studio	<b>BODYBALANCE</b> 6:10-6:40pm Andrea Aerobics Studio	<i>*Cycle, RPM, LM SPRINT, S.T./KB Fusion, XPRESS Factor, &amp; Suspension Training require sign-up as space is limited.</i>		
		<b>LM CORE</b> 6-6:30pm Janel Aerobics Studio	<b>R.I.P.P.E.D</b> 6-6:45pm Nikki Aerobics Studio		<i>Reserve your space at <a href="http://bhfc.clubautomation.com">bhfc.clubautomation.com</a></i>		

NEW YEAR, NEW GOALS!



Ascension  
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Health & Fitness

### 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.

### 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.

### 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.

Belly Dance & CIRCL Mobility includes a fun rhythmic dance workout that is easy to follow! Compared to other dance formats, this class also includes the CIRCL Mobility cool down by Zumba®!

### Combination Cardio/Strength Formats

Les Mills TONE™ is a 3 in 1 training style - a mix of cardio, resistance, and core while playing different training concepts to ensure everyone gets the best results from their workouts. Safe for all fitness levels, this class provides numerous modifications!

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.

### 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.

Kettlebell is a strength focused class using Kettlebells.