

Class Schedule

Effective Monday, June 30

SUMMER



Start:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-7am	S.T./KB Fusion* 5:45-6:30a Nikki Gym	XPRESS Factor* 5:45-6:15a Aaron Fitness Studio	Cycle* 5:45-6:45a Janet Cycle Studio	XPRESS Factor* 5:45-6:15a Madi Fitness Studio	TBC 5:45-6:30a Nikki Aerobics Studio		
		Guts & Butts 5:45-6:30a Nikki Aerobics Studio	MetHIIT 5:45-6:30a Nikki Aerobics Studio	BODYPUMP 5:45-6:30a Nikki Aerobics Studio			
	LM SPRINT* 6:45-7:15am Kim G Cycle Studio	XPRESS Factor* 6:15-6:45a Aaron Fitness Studio		XPRESS Factor* 6:15-6:45a Madi Fitness Studio	LM SPRINT* 6:45-7:15am Kim G Cycle Studio	BODYPUMP 7:15-8am Nikki Aerobics Studio ONLY: 6/14, 6/28, 7/12, 7/26, 8/9, 8/23, 9/6	
	BODYPUMP 7-8am Rita Aerobics Studio	LM SPRINT* 7-7:30am Amanda Cycle Studio	TBC Circuit 7-7:45am Janet Aerobics Studio	LM SPRINT* 7-7:30am Janet Cycle Studio	BODYPUMP 7-8am Amy/Jared Aerobics Studio		
8 - 9am	LM CORE 8:15-8:45am Rita Aerobics Studio	Barre Fitness 8-8:45am Valarie Aerobics Studio	Vinyasa Yoga 8-8:45am Marin Aerobics Studio	Mat Pilates 8-8:45am Valarie Aerobics Studio	LM CORE 8:15-8:45am Janel Aerobics Studio	S.T./KB Fusion* 8:15-9am Nikki Gym ONLY: 6/14, 6/28, 7/12, 7/26, 8/9, 8/23, 9/6	
	Step Aerobics 9-9:45am Rotation Aerobics Studio	Fit for Life 9-9:45am Shawn Aerobics Studio	Step Aerobics 9-9:45am Rotation Aerobics Studio	Kettlebell 9-9:45am Shawn Mobility Studio	Beginner Yoga 9-10am Alla Mobility Studio		
	Cycle* 9-9:45am Max Cycle Studio	TBC Circuit 9:15-10am Linda Gym	RPM* 9-9:45am Linda Cycle Studio	Zumba 9-9:45am AJ Aerobics Studio	Cycle* 9-9:45am Max Cycle Studio	LM SPRINT* 8:30-9am Chris A Cycle Studio	Cycle* 9:15-10am Janet Cycle Studio
					Cardio Drumming 9-9:45am AJ Aerobics Studio	Vinyasa Yoga 9:15-10:30am Cathy Aerobics Studio	
10am	Chair Yoga 10-10:45am Marin Aerobics Studio	ST/KB Fusion* 10:15-11am Linda Gym	Chair Yoga 10-10:45am Marin Mobility Studio	Suspension Training* 10-10:45am Chris B Gym	Mobility Flow 10-10:45am Amanda Aerobics Studio		BODYPUMP 10:15-11am Tamara Aerobics Studio
	TBC 10-10:45am Jordan Gym	Vinyasa Yoga 10:15-11:30am Cathy Aerobics Studio	BODYPUMP 10am-11am Rotation Aerobics Studio	Fit for Life 10-10:45am Madi Aerobics Studio	TBC 10-10:45am Jordan Gym		
11am	Practical Exercise 11:15-12pm Shawn Gym		Practical Exercise 11:15-12pm Chris B Gym		BODYPUMP 11am-12pm Madi Aerobics Studio		
	Line Dancing 11:15-12p Jordan Aerobics Studio		BODYBALANCE 11:15-12p Amy Aerobics Studio		Restorative Yoga 11am-12pm Alla Mobility Studio		
					Practical Exercise 11:15-12pm Chris B Gym		
5pm & later	Dance Fitness 5-5:45pm Kelly Aerobics Studio	RPM* 5-5:45pm Chris A Cycle Studio	LM SPRINT* 5-5:30pm Amanda Cycle Studio	XPRESS Factor* 5:30-6pm Nick Fitness Studio	<p><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 fitness.borgess.com</i></p> <p>Questions? Contact: madison.barry@ascension.org</p> <p>*Cycle, RPM, LM SPRINT, S.T./KB Fusion, XPRESS Factor, & Suspension Training require sign-up as space is limited.</p> <p>Reserve your space at bhfc.clubautomation.com</p>		
	TBC 6-6:45pm Nikki Gym	XPRESS Factor* 5:30-6pm Isaac Fitness Studio	R.I.P.E.D 6-6:45pm Nikki Aerobics Studio	BODYPUMP 5:30-6pm Andrea Aerobics Studio			
	Vinyasa Yoga 6-7pm Marin Aerobics Studio	LM TONE 5:30-6pm Janel Aerobics Studio		BODYBALANCE 6:10-6:40pm Andrea Aerobics Studio			
		LM CORE 6-6:30pm Janel Aerobics Studio					



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Class Descriptions

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.

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.

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.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.

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®!

Line Dancing is the ultimate group dance party! The class will include easy to follow dance sequences that repeat to music to give you a fun cardio burn. No dance experience is required.