

# Live Group Exercise Class Schedule

## October 2020

Indoor class  Outdoor class  Water Fitness

| Monday  | Tuesday  | Thursday  | Friday   | Saturday   | Sunday  |
|---|--|---|--|--|---|
| 5:30 - 6:20 am<br><b>Boot Camp Live!</b><br>Karin<br>Parking Lot/Tent | 8 - 8:55 am<br><b>Zumba Live!</b><br>Suzanne<br>Parking Lot/Tent         | 5:30 - 6:20 am<br><b>Boot Camp Live!</b><br>Karin<br>Parking Lot/Tent | 8:15 - 9:10 am<br><b>TBC Live!</b><br>Suzanne<br>Group Ex Studio | 7 - 8 am<br><b>Boot Camp Live!</b><br>Mario Z<br>Parking Lot/Tent        | 8:15 - 9:15 am<br><b>Power Cycle</b><br>Ivan<br>Sport Perf Studio   |
| 9:15 - 10 am<br><b>Aqua Fit</b><br>Debbie W<br>Lap Pool               | 10:30 - 11:30 am<br><b>Outdoor Yoga</b><br>Stephanie<br>Parking Lot/Tent | 8 - 8:55 am<br><b>Zumba Live!</b><br>Suzanne<br>Parking Lot/Tent      |  | 8:15 - 9:15 am<br><b>Hatha Yoga</b><br>Tika<br>Group Ex Studio           | 8:30 - 9:30 am<br><b>Zumba Live!</b><br>Kelly R<br>Parking Lot/Tent |
| 6:30 - 7:30 pm<br><b>Power Cycle</b><br>Ivan<br>Indoor Track          |  | 9:15 - 10 am<br><b>Aqua Fit</b><br>Suzanne<br>Lap Pool                |  | 8:30 - 9:25 am<br><b>Strength Intervals</b><br>Debra<br>Parking Lot/Tent | 10:15 - 11:10 am<br><b>Aqua Fit</b><br>Nicole<br>Lap Pool           |
|   |  |   |  | 10:15 - 11:10 am<br><b>Aqua Fit</b><br>Katie<br>Lap Pool                 |   |

To reserve a spot in a live group ex class, go to [bgfitness.org](https://bgfitness.org) and click on **Group Exercise Reservations**.

Live class reservations opens 7 days before class and closes 15 minutes before class start time. Spaces are limited. In case of inclement weather, an e-mail will be sent to registered participants in outdoor classes.