

Virtual Group Exercise Class Schedule

January 2021

Group Exercise Mind/Body Mind/Body

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:15 am Yoga Jenay	8 - 8:50 am New Zumba Suzanne	8 - 8:45 am Yoga Jenay	8 - 8:50 am New Zumba Suzanne	7:30 - 8:15 am Strength Basics Wendy	8:30 - 9:15 am New Muscle Max Debra
9:30 - 10:15 am Strength Basics Wendy	8:30 - 9:15 am Hatha Yoga Lisa Devi	9 - 9:45 am New Barre Strong Debbie W	8:30 - 9:15 am New Qigong Yoga Fusion Lisa Devi	8:30 - 9:15 am Yoga Flow Tika	9 - 9:45 am Body Sculpt Pam
10:30 - 11:15 am Chair Fitness Siobhan	9:30 - 10:15 am Cardio Drumming Suzanne	10 - 10:45 am Mat Pilates Wendy	9:30 - 10:15 am New Pilates Sculpt Wendy	9:30 - 10:15 am Cardio Drumming Suzanne	10 - 10:45 am Tai Chi Pam
12 - 12:45 pm New Strength Intervals Debra	9:30 - 10:15 am New Strength Combos Susan	10:30 - 11:15 am New Chair Pilates Georgette	10:30 - 11:15 am Chair Fitness Georgette	10:30 - 11:15 am TBC Kelly R	11 am - 12 pm Hatha Yoga Stephanie
5 - 5:45 pm New Mat Pilates Pam C	10:30 - 11:15 am New Gentle Fitness Siobhan	11 - 11:45 am HIIT Felicia	11:30 am - 12:30 pm New Hatha Yoga Malgorzata	11:30 am - 12:15 pm Flexibility Plus Core Siobhan	
6 - 6:45 pm Barre Body Debra	5 - 5:45 pm New Wing Chun Forms Tony	6 - 6:45 pm Barre Body Debra	6 - 6:45 pm New Jui Jitsu Basics Joe	5:30 - 6:30 pm Yoga Pam	8 - 8:45 am New Zumba Kelly R
7 - 8 pm Yoga Flow Bernie	6 - 6:45 pm Core Jenay	7 - 8 pm Yoga Flow Lisa Devi	6 - 6:45 pm Core Pam C		9 - 9:45 am Mat Pilates Nicole
	7 - 8 pm Yoga Flow Dawn		7 - 8 pm Power Yoga Flow Dawn		10 - 10:45 am All Levels Yoga Dawn
					11 - 11:45 am HIIT Felicia

To make a group exercise reservation, go to bgfitness.org and click on **Group Exercise Reservations**. Reservations can be made 2 weeks before class begins. Class is closed to reservations 15 minutes prior to the start of the class.