

# Live Group Exercise Classes

## October 2021

Sponsored by 

Group Exercise  Water Fitness  Cycle  Mind/Body  Virtual/Live

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   | Sunday  |
|---|---|---|--|---|--|---|
| 5:30 - 6:30 am<br><b>Boot Camp Live</b><br>Outdoor Fitness Platform<br>(Group Ex Studio)<br>Karin | 8 - 8:45 am<br><b>Cardio Drumming</b><br>Group Ex Studio<br>Suzanne       | 5:30 - 6:30 am<br><b>Athletic Stretching</b><br>Group Ex Studio<br>Cathy                  | 5:30 - 6:30 am<br><b>Strength Intervals</b><br>Outdoor Fitness Platform<br>(Group Ex Studio)<br>Alison | 5:30 - 6:30 am<br><b>Power Cycle</b><br>Spin Studio<br>Karin              | 8 - 9 am<br><b>Boot Camp</b><br>Indoor Track<br>Alison                                       | 9 - 9:50 am<br><b>Zumba</b><br>Group Ex Studio<br>Kelly R                             |
| 8:30 - 9:15 am<br><b>TBC</b><br>Group Ex Studio<br>Kelly B  | 9 - 9:45 am<br><b>Aqua Fit</b><br>Lap Pool<br>Suzanne                     | 9 - 9:45 am<br><b>Barre Strong</b><br>Group Ex Studio<br>Debbie W                         | 8 - 8:50 am<br><b>TBC</b><br>Group Ex Studio<br>Kelly B  | 8:30 - 9:15 am<br><b>TBC Live</b><br>Group Ex Studio<br>Suzanne           | 8:15 - 9 am<br><b>Barre Sculpt</b><br>Outdoor Fitness Platform<br>(Group Ex Studio)<br>Debra | 9:30 - 10:30 am<br><b>Restorative Yoga</b><br>Mind/Body Studio<br>Tika                |
| 8:30 - 9:15 am<br><b>Deep Water</b><br>Lap Lanes 4 & 5<br>Wendy                                   | 9 - 9:50 am<br><b>Lollybolly Dance Fusion</b><br>Group Ex Studio<br>Maira | 10 - 10:50 am<br><b>Dance Fusion</b><br>Group Ex Studio<br>Elizabeth                      | 9 - 10 am<br><b>Yoga</b><br>Mind/Body Studio<br>Jenay  | 9 - 10 am<br><b>Yoga</b><br>Mind/Body Studio<br>Tika                      | 8:30 - 9:30 am<br><b>All Levels Yoga</b><br>Mat Studio<br>Dawn                               | 10 - 11 am<br><b>HIIT</b><br>Outdoor Fitness Platform<br>(Group Ex Studio)<br>Felicia |
| 10 - 10:45 am<br><b>G.E. Heart Strong</b><br>Wellness Room<br>Christy                             | 9:30 - 10:15 am<br><b>Pilates Sculpt</b><br>Mind/Body Studio<br>Jenay     | 10:30 - 11:15 am<br><b>Chair Fitness</b><br>Mind/Body Studio<br>Siobhan                   | 9 - 9:45 am<br><b>Aqua Fit</b><br>Lap Pool<br>Suzanne  | 9 - 9:45 am<br><b>Aqua Fit</b><br>Lap Pool<br>Kelly B                     | 9 - 10 am<br><b>Power Cycle</b><br>Spin Studio<br>Ivan/Kelly B                               |   |
| 6:30 - 7:30 pm<br><b>Yoga Flow</b><br>Outdoor Fitness Platform<br>(Group Ex Studio)<br>Bernie     | 10:30 - 11:15 am<br><b>Gentle Fitness</b><br>Mind/Body Studio<br>Siobhan  | 5:45 - 6:30 pm<br><b>HIIT</b><br>Outdoor Fitness Platform<br>(Group Ex Studio)<br>Kelly R | 10 - 10:45 am<br><b>Cardio Dance</b><br>Group Ex Studio<br>Suzanne                                     | 9:30 - 10:15 am<br><b>Cardio Drumming</b><br>Group Ex Studio<br>Suzanne   | 9:15 - 10 am<br><b>Body Sculpt</b><br>Outdoor Fitness Platform<br>(Group Ex Studio)<br>Pam G |   |
|   | 7 - 8 pm<br><b>Dance Fusion</b><br>Group Ex Studio<br>Bridgitt            | 6:30 - 7:15 pm<br><b>Aqua Pilates</b><br>Warm Water Pool<br>Katie                         | 7 - 8 pm<br><b>Dance Fusion</b><br>Group Ex Studio<br>Bridgitt   | 10:30 - 11:30 am<br><b>Flexibility Plus Core</b><br>Mat Studio<br>Siobhan | 10 - 10:45 am<br><b>Aqua Fit</b><br>Lap Pool<br>Katie  |   |

To make a reservation, go to [bgfitness.org](http://bgfitness.org) and click on [Group Exercise Reservations](#). Reservations can be made 7 days before class begins and will close 30 minutes before the start of the class.



## Live Group Exercise Class Descriptions

### Group Exercise (Live)

#### Athletic Stretching

Practice stretches, breath awareness, strength, flexibility, form and flow.

#### Barre Sculpt

This Barre-inspired workout blends ballet, Pilates, isometric holds and functional strength training to give you a heart-pumping workout and help you get stronger.

#### Barre Strong

This class will utilize weights, flat bands and body-weight movements along with ballet inspired movements to tone, strengthen and improve endurance.

#### Body Sculpt

An all-level, challenging strength workout that will tighten and tone your body. This class incorporates strength, balance and flexibility.

#### Boot Camp Live

Circuit-style training incorporating a mix of weights, minor equipment, body-weight exercises and functional training.

#### Cardio Dance

Follow along in this cardio dance party! Our instructors will lead you on a variety of fun and expressive dance fitness workouts to motivating music.

#### Cardio Drumming

Cardio drumming brings together drumsticks and a stability ball to create a really fun workout. This class will raise your heart rate, build your endurance, improve your muscle and strengthen your core.

#### Chair Fitness

This class is specially designed to strengthen your abdominals, lower back and pelvic floor muscles. Exercising the core is essential to good posture and balance.

#### Flexibility Plus Core

Live strong with balance work, complete range of motion movements, stretching and core conditioning. Great for beginners to intermediate levels.

#### Gentle Fitness

Participants are encouraged to work at their own pace in this total body strength training, balance, flexibility and core conditioning class. Exercises will be performed in both seated and standing positions.

#### G.E. Heart Strong

Regular exercise is essential for your heart function. Group Exercise Heart Strong is designed for participants with one or more of the following risk factors: overweight, cardiovascular disease, physical weakness, diabetes, high blood pressure, smoker, high cholesterol, family history of heart disease, high glucose, sedentary lifestyle, balance problems, and extra weight around your midsection.

#### HIIT

High-intensity interval training (HIIT), is a cardiovascular exercise strategy that alternates short periods of intense anaerobic exercise with less intense recovery periods.

#### Lollybolly Dance Fusion

Come join our fusion of Lollywood, Bollywood and other popular dance moves and music!

#### Mat Pilates/Pilates Sculpt

Matbased class using the Pilates principles in core training. Pilates Sculpt incorporates more challenging exercises.

#### Strength Intervals

Build lean muscle using a variety of exercise equipment guaranteed to improve your fitness levels and endurance.

#### TBC

Total Body Conditioning in a high-energy format to challenge muscular strength and cardiovascular endurance.

#### Zumba

Dance your way to a tone body and have a blast! Great music, lots of dance moves and always a big energetic group!

### Water Fitness (Live)

#### Aqua Fit

Enjoy an active, high-intensity cardio workout in the water that is designed to strengthen and condition the entire body, and build endurance without impact and stress.

#### Aqua Pilates

Pilates performed in our warm water therapy pool. In this 45-minute class you will improve your core strength, stability, postural alignment and flexibility achieving an optimal range of motion while minimizing stress on your joints.

#### Deep Water Workout

Invigorating workout in the deeper lanes of the pool consisting of flowing movements, stretches, breathing exercises and meditation.

### Mind/Body (Live)

#### Restorative Yoga

This class emphasizes deep breathing exercises, poses and stretches that promote flexibility, awareness, posture, comfort and relaxation.

#### Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize energy flow in the body.

#### Yoga/All Levels Yoga

Practice poses, breath awareness, strength, flexibility, form and flow. All levels incorporate optional challenging postures.

#### Yoga Flow

This fun yoga class offers an athletic yet slow-paced vinyasa practice.

### Cycle (Live)

#### Power Cycle

Take a heart-pounding ride through hills and drills. Let the instructor and the music guide you to the best cardio calorie burner out there!

