

# Group Exercise Classes

Effective June 1 - August 31, 2024

## Live & Virtual Classes

Group Exercise  Water Fitness  Cycle  Mind/Body  Virtual & Live  Virtual

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 am <b>Boot Camp</b> Group Ex Studio Casey/Karin	5:30 - 6:15 am <b>Cardio Kickoff</b> Spin Studio Ivan	5:30 - 6:30 am <b>Athletic Stretching</b> Group Ex Studio Cathy	5:30 - 6:30 am <b>Strength Intervals</b> Group Ex Studio Alison	5:30 - 6:30 am <b>Power Cycle</b> Spin Studio Karin	8 - 9 am <b>Boot Camp</b> Gymnasium Alison	8:30 - 9:15 am <b>Power Cycle</b> Spin Studio Leslie/Christy
8 - 8:45 am <b>Deep Water</b> Lap Lanes 4 & 5 Wendy	8 - 8:50 am <b>20/20/20</b> Group Ex Studio Suzanne	8 - 8:45 am <b>STEP</b> Group Ex Studio Michelle	8:30 - 9:15 am <b>TBC</b> Group Ex Studio Leslie	8:30 - 9:15 am <b>TBC</b> Group Ex Studio Debbie	8:15 - 9 am <b>Barre Fusion</b> Group Ex Studio Michelle	9 - 9:50 am <b>Classic Mat Pilates</b> Mat Studio Michelle
8:30 - 9:15 am <b>TBC</b> Group Ex Studio Christy	8:30 - 9:15 am <b>Barre Fusion</b> Mat Studio Alana	9 - 9:45 am <b>Barre Strong</b> Group Ex Studio Debbie W	9 - 9:45 am <b>Aqua Fit</b> Lap Pool Suzanne	8:30 - 9:15 am <b>Core Connect</b> Mat Studio Wendy	8:30 - 9:30 am <b>All Levels Yoga</b> Mind/Body Studio Dawn	9 - 9:50 am <b>Dance Fusion</b> Group Ex Studio Kelly R
8:30 - 9:20 am <b>Yoga</b> Virtual Jenay	9 - 9:45 am <b>Aqua Fit</b> Lap Pool Suzanne	9:15 - 10:15 am <b>Hatha Yoga</b> Mind/Body Studio Lisa Devi	9:15 - 10 am <b>Strength Basics</b> Virtual Wendy	9 - 9:45 am <b>Aqua Fit</b> Lap Pool Alana	9 - 9:45 am <b>Aqua Stretch</b> Warm Water Pool Katie	9 - 10 am <b>Sarvang Yoga</b> Mind/Body Studio Vidya
9 - 9:45 am <b>Aqua Zumba</b> Lap Pool Del	9 - 9:50 am <b>Step</b> Group Ex Studio Michelle	9:30 - 10:15 am <b>Aqua Barre</b> Warm Water Pool Christy ★	9:30 - 10:15 am <b>Zumba Toning</b> Group Ex Studio Del ★	9:30 - 10:15 am <b>Barre Sculpt</b> Mat Studio Debbie W	9:15 - 10 am <b>Body Sculpt</b> Group Ex Studio Pam	10 - 10:50 am <b>Barre Strong</b> Mat Studio Alana
9:15 - 10:15 am <b>Sarvang Yoga</b> Multi-Purpose Studio Vidya	9 - 10 am <b>Gentle Yoga</b> Yoga Studio Kate ★	9:30 - 10:15 am <b>Mat Pilates</b> Mat Studio Wendy ★	9:30 - 10:30 am <b>Gentle Yoga</b> Yoga Studio Kate ★	9:30 - 10:15 am <b>Senior TBC</b> Mind/Body Studio Siobhan ★	10 - 10:45 am <b>Aqua Fit</b> Lap Pool Katie	10 - 10:50 am <b>HIIT</b> Group Ex Studio Christy
9:30 - 10:15 am <b>Strength Basics</b> Virtual Wendy	9:30 - 10:15 am <b>Classic Mat Pilates</b> Mat Studio Kortnee	10:30 - 11:15 am <b>Chair Fitness</b> Mind/Body Studio Siobhan ★	9:45 - 10:30 am <b>Chair Yoga</b> Mind/Body Studio Vidya	9:30 - 10:20 am <b>Cardio Drumming</b> Group Ex Studio Leslie	10 - 10:45 am <b>Wall Pilates</b> Virtual Alana	10 - 11 am <b>All Levels Yoga</b> Multi-Purpose Studio Dawn
9:30 - 10:20 am <b>Zumba Gold</b> Group Ex Studio Kortnee ★	10 - 10:45 am <b>Gentle Fitness</b> Mind/Body Studio Siobhan ★	11:30 am - 12:15 pm <b>Chair Fitness &amp; Balance</b> Mind/Body Studio Siobhan ★	10:45 - 11:30 am <b>Gentle Fitness</b> Mind/Body Studio Christy ★	9:30 - 10:30 am <b>Restorative Yoga</b> Yoga Studio Tika ★	10:15 - 11 am <b>Tai Chi</b> Virtual Pam	
11:05 - 11:50 am <b>Senior TBC</b> Mat Studio Siobhan ★	6 - 6:45 pm <b>Aqua Zumba</b> Lap Pool Del	5:45 - 6:30 pm <b>Boot Camp</b> Gymnasium Allison	6 - 6:50 pm <b>Mat Pilates</b> Mat Studio Michelle	10:35 - 11:30 am <b>Flexibility Plus Core</b> Mind/Body Studio Siobhan ★	10:15 - 11:15 am <b>Zumba</b> Group Ex Studio Del	
6 - 6:45 pm <b>Barre Body</b> Virtual Debra	6 - 6:50 pm <b>Yoga Sculpt</b> Group Ex Studio Melissa G	6 - 6:45 pm <b>Barre Body</b> Mat Studio Debra	6 - 7 pm <b>Power Flow Yoga</b> Multi-Purpose Studio Dawn	5:30 - 6:30 pm <b>Yoga</b> Virtual Pam	10:15 - 11:15 am <b>Hatha Yoga</b> Yoga Studio Bebe ★	
6 - 6:50 pm <b>Strength Intervals</b> Group Ex Studio Leslie	6:30 - 7:15 pm <b>Mat Pilates</b> Mat Studio Michelle	6 - 7 pm <b>Yoga Flow</b> Yoga Studio Bernie	6:10 - 7 pm <b>Zumba</b> Group Ex Studio Elizabeth	5:30 - 6:30 pm <b>Yoga Flow</b> Yoga Studio Jenay		
6 - 7 pm <b>Power Yoga Flow</b> Multi-Purpose Studio Dawn	7:05 - 7:50 pm <b>Kpop Dance</b> Group Ex Studio Neva	6:30 - 7:15 pm <b>Aqua Pilates</b> Warm Water Pool Katie	6:15 - 7 pm <b>HIIT</b> Gymnasium Christy			
7:15 - 8 pm <b>Ballet Barre &amp; Stretch</b> Mat Studio Leslie	7:30 - 8:30 pm <b>Hatha Yoga</b> Yoga Studio Bebe ★	6:30 - 7:15 pm <b>Power Cycle</b> Spin Studio Ivan	7:05 - 8 pm <b>Yoga Sculpt</b> Mat Studio Melissa G			
7:15 - 8:15 pm <b>Hatha Yoga</b> Yoga Studio Lisa Devi ★		7 - 7:50 pm <b>Zumba</b> Group Ex Studio Elizabeth	7:15 - 8:15 pm <b>Yin Yoga</b> Yoga Studio Kate ★			
		7:15 - 8:15 pm <b>Qigong &amp; Yoga</b> Yoga Studio Lisa Devi ★				

To make a group exercise reservation, go to [bgfitness.org/Reservations](https://bgfitness.org/Reservations).

- Reservations for live classes can be made 6 days before class begins and will close 30 minutes before the start of the class.
- Reservations for virtual classes can be made 2 weeks before class begins. Reservations will close at the start of the class.

★ Classes with a star are appropriate for participants with limited mobility or who are new to fitness.



# Group Exercise Class Descriptions

## Group Exercise

### Athletic Stretching

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

### Barre Body

We take Barre to a deeper practice with additional challenges. Music moves this class at a pace sure to make you feel the burn.

### 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 bodyweight 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

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

### Cardio Drumming

This class will raise for heart rate, build your endurance, improve your muscle and strengthen your core.

### Cardio Kickoff

Get your day started with this high-intensity cardio workout which combines cycle intervals with a variety of heart-rate elevating exercise challenges. Every session will be different as you explore weight training, plyo, calisthenics and more.

### Chair Fitness ★

This class will strengthen and tone the upper body, lower body and core. Exercises are done in a chair or holding onto a chair.

### Chair Fitness & Balance ★

This class will strengthen and tone the upper body, lower body and core. Exercises are done in a chair or holding onto a chair. An additional balance component is part of this class.

### Classic Mat Pilates

This class is specifically designed to increase core strength, balance and flexibility through traditional Pilates Flow. Utilizing props and small weights for added challenge.

### Core Connect

Perfect for those wanting variety in one workout. This class is core centered, along with different weekly intervals of strength, low impact cardio and flexibility training using body weight, light dumb bells, bands, foam rollers and stability balls.

### 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 encourage 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.

### HIIT

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

### Kpop Dance

Kpop Dance is a fun and creative way to get your heart rate up and your body moving. This class will teach you the steps to your favorite Kpop dances.

### Mat Pilates/Pilates Sculpt

Mat-based class using the Pilates principles in core training. Pilates Sculpt incorporates more challenging exercises.

### Senior TBC ★

Total Body Conditioning challenges muscular strength and cardiovascular endurance in a format appropriate for seniors.

### STEP

Step classes make cardio fitness fun by offering an aerobic workout that is boosted with choreography and group motivation. Step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music.

### Strength Basics

Build overall strength, help reduce bone loss and compliment weight loss with this no frills, strength and core class. Also includes balance and mat work.

### Strength Intervals ★

Interval training to build muscle and strength using a variety of exercise equipment.

### Tai Chi

Tai Chi uses beautiful controlled movements aligned with breath to harmonize.

### TBC

Total Body Conditioning hits all major muscle groups to improve strength and endurance and to tone your body.

### Wall Pilates

This at home low-impact workout is a variation of traditional Pilates that uses a wall to provide stability and support your body reducing the risk of injury or strain on the joints. This class focusses on alignment, balance and core strength. Equipment needed : A wall, and a mat.

### Wing Chun

Wing Chun is a concept-based traditional Southern Chinese Kung fu style and a form of defense. Softness and performance of techniques in a relaxed manner is fundamental to Wing Chun.

### Zumba® /Zumba® Gold ★

Dance your way to a tone body and have a blast! This class has great music, lots of dance moves and always a big energetic group! Modified for Zumba® Gold.

### Zumba® Toning ★

Zumba® Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba® moves to create a calorie-torching, strength-training fitness party. Students learn how to use lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.

### 20/20/20

Split your work out time between core, cardio and strength.

## Mind/Body

### Chair Yoga ★

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair.

### Hatha Yoga ★

Traditional yoga and meditation practice connecting mind and body through breath and movement. Poses are held for longer periods of time to increase flexibility or build muscle and bone strength.

### Power Flow Yoga

This class offers a physically challenging, flowing practice that will get your heart pumping while you work on strength, core, balance and focus.

### Qi Gong

Amplify your internal energy and focus with this invigorating mind-body workout.

### Restorative Yoga ★

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.

### Sarvang Yoga

Sarvang means all-encompassing. Class starts with warming up joints and glands, main strength-building poses/balances, then relaxation, breathing, meditation and laughter.

### Yin Yoga

Yin is a style of slow-moving practice that involves long holds in various seated and reclined poses to access deeper layers of fascia and to quiet the mind. Suitable for all levels of ability.

### 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.

### Yoga Fusion

Stretch your whole body and strengthen your core with this fun fusion class.

## Power Cycle

### 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!

## Water Fitness

### Aqua Barre

Aqua Barre focuses on postural strength, alignment, flexibility, and balance. Participants will utilize the barre for ballet and pilates inspired exercises in the warm water therapy pool.

### 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.

### Aqua Stretch

Practice stretches, breath awareness, strength, flexibility, form and flow in the warm water pool.

### Aqua Zumba®

Aqua Zumba® combines some of the traditional elements of aqua fitness classes (such as jumping jacks and cross-country skiing) with the upbeat, Latin-infused dance moves and music Zumba® fitness is famous for.

### Deep Water Workout

Invigorating workout in the deeper lane of the pool. Perfect for anyone that wants to work hard, is comfortable in deeper water, or for athletes wanting to cross train safely.

### H2O Challenge

Active, high intensity, cardio, aqua workout designed to strengthen and condition the entire body without impact on stress. Instructor teaches in the lap pool with participants.