

Group Exercise Classes

May 1 - August 31, 2022

Sponsored by 

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 am Boot Camp Live Group Ex Studio Karin	8 - 8:45 am Cardio Drumming Group Ex Studio Suzanne	5:30 - 6:30 am Athletic Stretching Group Ex Studio Cathy	5:30 - 6:30 am Strength Intervals Group Ex Studio Alison	5:30 - 6:30 am Power Cycle Spin Studio Karin	8 - 9 am Boot Camp Gymnasium Alison	8 - 9 am Power Cycle Spin Studio Ivan
8:30 - 9:15 am TBC Group Ex Studio Allison B	9 - 9:45 am Aqua Fit Lap Pool Suzanne	NEW 8 - 8:45 am STEP Group Ex Studio Michelle	NEW 8:30 - 9:25 am TBC Group Ex Studio Allison B	8:30 - 9:15 am TBC Live Group Ex Studio Suzanne	NEW 8:15 - 9 am Barre Sculpt Mat Studio Debra	9 - 9:50 am Zumba Group Ex Studio Kelly R
8:30 - 9:15 am Deep Water Lap Lanes 4 & 5 Wendy	9 - 9:50 am Lollybolly Dance Fusion Group Ex Studio Maira	9 - 9:45 am Barre Strong Group Ex Studio Debbie W	9 - 9:45 am Aqua Fit Lap Pool Suzanne	9:30 - 10:15 am Cardio Drumming Group Ex Studio Suzanne	8:30 - 9:30 am All Levels Yoga Mind/Body Studio Dawn	9 - 10 am Mat Pilates Mat Studio Michelle
NEW 9:30 - 10:15 am Barre Sculpt Mat Studio Allison B	9:30 - 10:30 am Pilates Sculpt Mat Studio Jenay	9:30 - 10:15 am Aqua Barre Warm Water Pool Christy	9:30 - 10:30 am Yoga Mind/Body Studio Jenay	9:30 - 10:15 am Gentle Cardio Mat Studio Siobhan	9 - 9:45 am Aqua Stretch Warm Water Pool Katie	10 - 10:50 am HIIT Group Ex Studio Felicia
9:30 - 10:30 am Yoga Mind/Body Studio Gail	10:30 - 11:15 am Gentle Fitness Mind/Body Studio Siobhan	10 - 10:50 am Dance Fusion Group Ex Studio Elizabeth	10 - 10:45 am Cardio Dance Group Ex Studio Suzanne	9:30 - 10:25 am Yoga Mind/Body Studio Tika	9:15 - 10 am Body Sculpt Group Ex Studio Pam G	
6 - 6:50 pm Strength Intervals Group Ex Studio Leslie	NEW 7 - 8 pm Dance Fusion Group Ex Studio Bridgitt	10:30 - 11:15 am Chair Fitness Mind/Body Studio Siobhan	NEW 6:30 - 7:15 pm Power Cycle Spin Studio Michelle	NEW 10:30 - 11:15 am Barre Sculpt Mat Studio Allison B	10 - 10:45 am Aqua Fit Lap Pool Katie	
NEW 6:30 - 7:15 pm Aqua Fit Lap Pool Katie		5:45 - 6:30 pm Boot Camp Live Group Ex Studio Kelly R	7 - 8 pm Dance Fusion Group Ex Studio Marissa	10:35 - 11:30 am Flexibility Plus Core Mind/Body Studio Siobhan		
NEW 6 - 7 pm Power Yoga Flow Yoga Studio Dawn		6:30 - 7:15 pm Aqua Pilates Warm Water Pool Katie		NEW 4:45 - 5:45 pm Lollybolly Dance Fusion Group Ex Studio Maira		
		NEW 6:45 - 7:45 pm Yoga Flow Mind/Body Studio Bernie				

Virtual Classes Group Exercise Mind/Body Virtual/Live

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 - 9:15 am Yoga Jenay	8:30 - 9:15 am Hatha Yoga Lisa Devi	NEW 8:30 - 9:15 am Strength Basics Georgette	8:30 - 9:15 am Qigong Yoga Fusion Lisa Devi	NEW 8:30 - 9:15 am Core Connect Wendy	9:15 - 10 am Body Sculpt Pam	9 - 9:45 am Mat Pilates Georgette
9:30 - 10:15 am Strength Basics Wendy	9:30 - 10:30 am Pilates Sculpt Jenay	9:30 - 10:15 am Mat Pilates Wendy	NEW 9 - 9:45 am Strength Basics Wendy	9:30 - 10:15 am Hatha Yoga Stephanie	10:15 - 11 am Tai Chi Pam	10 - 10:45 am All Levels Yoga Dawn
6 - 6:45 pm Barre Body Debra		6 - 6:45 pm Barre Body Debra	7 - 8 pm Power Flow Yoga Dawn	5:30 - 6:30 pm Yoga Pam		10 - 10:45 am Strength Basics Georgette
NEW 6 - 7 pm Power Yoga Flow Dawn						

To make a group exercise reservation, go to bgfitness.org and click on **Group Exercise Reservations**.

- Reservations for **live classes** can be made 7 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. Class is closed to reservations at the start of the class.

☆ These classes are appropriate for participants with limited mobility or who are new to fitness.



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 Cardio

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 standing positions.

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.

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

Mat-based 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!

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!

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

This challenging workout takes place in the deeper lanes of the pool and focuses on suspended (non-weight bearing) training. Head and shoulders remain above the water while participants use the resistance of the water to challenge the cardiovascular system and muscular strength. Perfect for anyone who wants to work hard, is comfortable in the deeper water, or for athletes wanting to cross train safely.

Mind/Body (Live)

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.

Virtual Group Exercise Class Descriptions

Group Exercise (Virtual)

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.

Body Sculpt

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

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.

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 dumbbells, bands, foam rollers and stability balls.

Mat Pilates/Pilates Sculpt

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

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.

Mind/Body (Virtual)

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 Yoga Fusion

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

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.

