

Group Exercise Classes

November 1 - December 18, 2022

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 Group Ex Studio Staff | 5:30 - 6:15 am HIIT Group Ex Studio Casey | 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 | 8:30 - 9:15 am Power Cycle Spin Studio Leslie/Christy |
| 8:30 - 9:15 am Deep Water Lap Lanes 4 & 5 Wendy | 8 - 8:50 am 20/20/20 Group Ex Studio Debbie W | 8 - 8:45 am STEP Group Ex Studio Michelle | 8:30 - 9:15 am TBC Group Ex Studio Leslie | 8:30 - 9:15 am TBC Group Ex Studio Debbie | 8:15 - 9 am Barre Body Mat Studio Debra | 9 - 9:50 am Zumba Group Ex Studio Kelly R |
| 8:30 - 9:15 am TBC Group Ex Studio Christy | 8:15 - 9:15 am Yoga Yoga Studio Jenay | 9 - 9:45 am Barre Strong Group Ex Studio Debbie W | 9 - 9:45 am Aqua Zumba Lap Pool Del | 8:30 - 9:15 am Core Connect Mind/Body Studio Wendy | 8:30 - 9:30 am All Levels Yoga Mind/Body Studio Dawn | 9 - 10 am Mat Pilates Mat Studio Michelle |
| 9:15 - 10 am Aqua Zumba Lap Pool Del | 8:30 - 9:15 am Power Cycle Spin Studio Christy | 9:15 - 10:15 am Hatha Yoga Mind/Body Studio Lisa Devi | 9:30 - 10:15 am Chair Yoga Mat Studio Vidya ☆ | 9 - 9:45 am Aqua Fit Lap Pool Karen | 9 - 9:45 am Aqua Stretch Warm Water Pool Katie | 9 - 10 am Vinyasa Yoga Mind/Body Studio Vidya |
| 9:15 - 10:15 am Slow Vinyasa Yoga Mind/Body Studio Vidya | 9 - 9:45 am Aqua Fit Lap Pool Karen | 9:30 - 10:15 am Aqua Barre Warm Water Pool Christy | 9:30 - 10:30 am Hatha Yoga Mind/Body Studio Gail | 9:30 - 10:15 am Barre Sculpt Mat Studio Debbie W | 9:15 - 10 am Body Sculpt Group Ex Studio Pam | 10 - 10:50 am HIIT Group Ex Studio Felicia |
| 9:30 - 10:20 am Zumba Group Ex Studio Kortnee | 9 - 9:50 am Lollybolly Dance Fusion Group Ex Studio Maira | 9:30 - 10:15 am Mat Pilates Mat Studio Wendy | 6 - 6:50 pm Mat Pilates Mat Studio Michelle | 9:30 - 10:15 am Zumba Gold Group Ex Studio Siobhan ☆ | 10 - 10:45 am Aqua Fit Lap Pool Katie | 10:15 - 11:15 am All Levels Yoga Yoga Studio Dawn |
| 6 - 6:50 pm Strength Intervals Group Ex Studio Leslie | 9:30 - 10:30 am Pilates Sculpt Mat Studio Jenay | 10:30 - 11:15 am Chair Fitness Mind/Body Studio Siobhan ☆ | 6 - 6:50 pm Zumba Group Ex Studio Elizabeth | 9:30 - 10:25 am Restorative Yoga Mind/Body Studio Tika ☆ | 10:15 - 11:15 am Hatha Yoga Yoga Studio Bebe | |
| 6 - 7 pm Power Yoga Flow Yoga Studio Dawn | 10 - 10:45 am Gentle Fitness Mind/Body Studio Siobhan ☆ | 5:45 - 6:30 pm Boot Camp Group Ex Studio Kelly R | 6 - 7 pm Power Flow Yoga Yoga Studio Dawn | 10:35 - 11:30 am Flexibility Plus Core Mind/Body Studio Siobhan ☆ | | |
| 6:30 - 7:15 pm Aqua Fit Lap Pool Katie | 12:15 - 1 pm Zumba Toning Group Ex Studio Del | 6:30 - 7:15 pm Aqua Pilates Warm Water Pool Katie | 6 - 6:45 pm HIIT Mind/Body Studio Casey | 5:30 - 6:30 pm Wing Chun Mat Studio Tony | | |
| | 7:30 - 8:30 pm Hatha Yoga Yoga Studio Bebe ☆ | 6:30 - 7:15 pm Power Cycle Spin Studio Ivan | | | | |
| | | 6:45 - 7:45 pm Yoga Flow Yoga 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 | 9:30 - 10:15 am Mat Pilates Wendy | 8:30 - 9:15 am Qigong Yoga Fusion Lisa Devi | 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 | 6 - 6:45 pm Barre Body Debra | 9:15 - 10 am Strength Basics Wendy | 9:30 - 10:15 am Hatha Yoga Stephanie | 10:15 - 11 am Tai Chi Pam | 10 - 10:45 am Strength Basics Georgette |
| 6 - 6:45 pm Barre Body Debra | 5:30 - 6:15 pm Pilates Yoga Fusion Georgette | | 6 - 7 pm Power Flow Yoga Dawn | 5:30 - 6:30 pm Yoga Pam | | 10:15 - 11:15 am All Levels Yoga 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. Reservations will close at the start of the class.

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

Weather permitting, some classes may be held at the Outdoor Fitness Platform.





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.

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 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 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.

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 complement weight loss with this no frills, strength and core class. Also includes balance and mat work.

Strength Intervals

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

Tai Chi

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

TBC

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

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

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!

Zumba Gold

Zumba Gold is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors.

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.

Pilates Yoga Fusion

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

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.

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.

Slow Vinyasa Flow

Slow Flow classes are a combination of Vinyasa Flow and Hatha yoga, with fewer transitions than Vinyasa yoga and more flow than Hatha yoga.

Vinyasa Yoga

Vinyasa Flow is a grounding and energizing practice that includes fluid transitions from pose to pose. Classes incorporate breathing practices, yoga postures, and deep mindful connection of breath with movement.

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.

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

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.

