

Group Exercise Classes

Effective January 6, 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30 am Boot Camp Group Ex Studio Casey/Karin	5:30 - 6:15 am Cycle & Strength Spin Studio Ivan	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 - 8:55 am Tai Chi Group Ex Studio Master Shi
8 - 8:45 am Deep Water Lap Lanes 4 & 5 Wendy	8 - 8:45 am TBC Group Ex Studio Cathy	8 - 8:45 am STEP Group Ex Studio Michelle	8:30 - 9:15 am 20/20/20 Group Ex Studio Debbie	8:30 - 9:15 am TBC Group Ex Studio Debbie	8:15 - 9 am Barre Strong Group Ex Studio Michelle	8:30 - 9:15 am Power Cycle Spin Studio Leslie/Christy
8:30 - 9:15 am TBC Group Ex Studio Christy	8:30 - 9:15 am Barre Fusion Mat Studio Alana	9 - 9:45 am Barre Strong Group Ex Studio Debbie W	8:30 - 9:30 am Hatha Slow Flow Yoga Studio Kate ★	8:30 - 9:15 am Core Connect Mat Studio Wendy	8:30 - 9:30 am All Levels Yoga Mind/Body Studio Dawn	9 - 9:50 am Classic Mat Pilates Mat Studio Michelle
8:30 - 9:20 am Yoga Virtual Jenay	8:30 - 9:30 am Yogability Yoga Studio Kate ★	9 - 10 am Hatha Yoga Mind/Body Studio Lisa Devi	9 - 9:45 am Aqua Fit Lap Pool Alana	9 - 9:45 am H2O Challenge Lap Pool Karen	9 - 9:45 am Aqua Stretch Warm Water Pool Katie/Alana	9 - 9:50 am Dance Fusion Group Ex Studio Kelly R
9 - 9:45 am Aqua Zumba Lap Pool Del	9 - 9:45 am H2O Challenge Lap Pool Karen	9:30 - 10:15 am Aqua Barre Warm Water Pool Christy ★	9:15 - 10 am Strength Basics Virtual Wendy	9:30 - 10:15 am Barre Sculpt Mat Studio Debbie W ★	9:15 - 10 am Body Sculpt Group Ex Studio Pam	9 - 10 am Sarvang Yoga Mind/Body Studio Vidya
9:15 - 10:15 am Sarvang Yoga Multi-Purpose Studio Vidya	9 - 9:50 am Step Group Ex Studio Michelle	9:30 - 10:15 am Mat Pilates Mat Studio Wendy ★	9:30 - 10:15 am Cardio Drumming Group Ex Studio Del	9:30 - 10:15 am Senior TBC Mind/Body Studio Siobhan	10 - 10:45 am Aqua Fit Lap Pool Katie	10 - 10:50 am Barre Strong Mat Studio Alana
9:30 - 10:15 am Strength Basics Mat Studio Wendy	9:30 - 10:15 am Classic Mat Pilates Mat Studio Kortnee	10:30 - 11:15 am Chair Fitness Mind/Body Studio Siobhan ★	9:45 - 10:30 am Chair Yoga Mind/Body Studio Vidya	9:30 - 10:20 am Yoga Sculpt Group Ex Studio Melissa ★	10:15 - 11 am Tai Chi Virtual Pam	10 - 10:50 am HIIT Group Ex Studio Christy
9:30 - 10:20 am Zumba Group Ex Studio Kortnee ★	10 - 10:45 am Gentle Fitness Mind/Body Studio Siobhan ★	11:30 am - 12:15 pm Agility & Balance Gold Mind/Body Studio Siobhan ★	10:45 - 11:30 am Gentle Fitness Mind/Body Studio Christy ★	9:30 - 10:30 am Restorative Yoga Yoga Studio Tika ★	10:15 - 11:15 am Zumba Group Ex Studio Del	10 - 11 am All Levels Yoga Multi-Purpose Studio Dawn
11:05 - 11:50 am Senior TBC Mat Studio Siobhan ★	6 - 6:45 pm Aqua Zumba Lap Pool Del	5:45 - 6:30 pm Boot Camp Gymnasium Kelly	6 - 6:50 pm Mat Pilates Mat Studio Michelle	10:30 - 11:20 am Flexibility Plus Core Mind/Body Studio Siobhan	10:15 - 11:15 am Hatha Yoga Yoga Studio Bebe ★	
6 - 6:45 pm Barre Body Virtual Debra	6 - 6:50 pm Yoga Sculpt Group Ex Studio Melissa G	6 - 6:45 pm Barre Sculpt Mat Studio Alana	6 - 7 pm Power Flow Yoga Multi-Purpose Studio Dawn	5:30 - 6:30 pm Yoga Virtual Pam		
6 - 6:50 pm Strength Intervals Group Ex Studio Leslie	6 - 7 pm Ashtanga Vinyasa Yoga Yoga Studio Nelly	6 - 7 pm Yoga Flow Yoga Studio Bernie	6 - 6:45 pm Boot Camp Gymnasium Christy	5:30 - 6:30 pm Yoga Flow Yoga Studio Jenay		
6 - 6:45 pm Barre Sculpt Mat Studio Allison	6:30 - 7:15 pm Mat Pilates Mat Studio Michelle	6:30 - 7:15 pm Aqua Pilates Warm Water Pool Katie	6:10 - 7 pm Zumba Group Ex Studio Elizabeth ★			
6 - 7 pm Power Yoga Flow Multi-Purpose Studio Dawn	7:05 - 7:50 pm Zumba Group Ex Studio Elizabeth ★	6:30 - 7:15 pm Power Cycle Spin Studio Ivan	7:15 - 8:15 pm Yin Yoga Yoga Studio Kate			
7:15 - 8:15 pm Hatha Yoga Yoga Studio Lisa Devi ★	7:30 - 8:30 pm Gentle Yoga Yoga Studio Bebe	7 - 8 pm Zumba Group Ex Studio Anna				

To make a group exercise reservation, go to 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

Agility & Balance Gold ★

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.

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.

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.

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 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

Have fun in this high intensity interval class with strength and cardio circuits to rock your metabolism. Modifications are always shown.

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.

Yoga Sculpt

Yoga Sculpt is a modern form of yoga that combines Vinyasa Yoga, strength training, cardiovascular fitness, and core work.

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.

20/20/20

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

Mind/Body

Ashtanga Vinyasa Yoga

Ashtanga Vinyasa Yoga is a physically demanding style of yoga that focuses on synchronizing breath and movement.

Chair Yoga ★

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

Gentle 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.

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 increase build muscle and bone strength.

Hatha Slow Flow

This gentle hatha yoga class focuses on building strength through mindful, sustained postures and smooth transitions. Students will experience a balanced blend of holding poses and flowing movements while maintaining proper alignment and breath awareness.

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.

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.

Yogability

A welcoming class that combines gentle yoga movements with targeted mobility exercises to improve flexibility and joint health. Perfect for both beginners and experienced practitioners looking to enhance their range of motion and body awareness.

Yoga Flow

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

Power Cycle

Cycle & Strength

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.

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.