

BACC February Group Fitness Schedule

(Classes must maintain a monthly average of 3 to continue)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---|-----------------------------------|---|-----------------------------------|---|--|
| 5:30 am | Body Sculpt (Jenny) 5:30 – 6:15am | | Body Sculpt (Jenny) 5:30 – 6:15am | | Body Sculpt (Jenny) 5:30 – 6:15am | |
| 6:30 am | Water Aerobics (Emma) | | Water Aerobics (Trudy) | | Water Aerobics (JoAnn) | New ↓ |
| 8:00am | | Water Aerobics (JoAnn) | | Water Aerobics (JoAnn) | | Yoga Fit (Jenny) Water Aerobics (Lalita) |
| 8:30 am | Yoga (JoAnn) | | Yoga (JoAnn) | | Yoga (JoAnn) | |
| 4:00pm | | | Spin & Strengthening (Missy) 4:00 – 5:15pm | | | |
| 4:30pm | | Pilates (Jenny) | | | | |
| 5:15 pm | Intervals (Stefani) | | | Boot Camp (Nadine) | | |
| 5:30pm | | | Power Yoga (Roxanne) | | | |
| 5:30pm | | Aqua-Jogging (Lalita/Brittany) | | Aqua-Jogging (Lalita/Brittany) | | |

Changes throughout the month may take place; watch the website (www.thebacc.com) for unscheduled changes

- *All light shaded classes take place in the pool
- *Bike reservation is recommended for Group Cycle
- *All classes are one hour in length unless otherwise noted

Class descriptions are on the back of this sheet

CLASS DESCRIPTIONS

YOGA: Instructor: JoAnn Stretch and strengthen while working on flexibility, coordination, balance and posture. Relax and release some stress!

POWER YOGA: Instructor: Roxanne Try this intense version of regular yoga designed to build core strength, lengthen muscles and enhance flexibility. You will sweat as you move through poses and focus on breathing.

WATER AEROBICS: Instructor: JoAnn, Lalita, Trudy Enhance your strength and endurance while developing balance and proper breathing techniques by using the natural support and resistance of water in your strength training. All activity takes place in shallow water.

AQUAJOGGING: Instructor: Lalita/Brittany Take the JOLT out of exercise! Give those feet & knees a break with impact free deep-water exercise! If your goal is to build strength & endurance, increase muscle tone, lose weight or speed recovery from illness or surgery, Aquajogging is for you! (Class may be adapted to shallow water.)

SPIN & STRENGTHENING: Instructor: Missy This class is a combination of cardio and weight training. Jump on the spin bikes for a cardio exercise fit for any body type and move into working with kettle bell weights to strengthen all your muscles. This class is a full body workout and is sure to get your heart pumping and your body saying thank you!

BOOT CAMP: Instructor: Nadine This is a full body workout that is sure to whip you into shape, while having fun doing so. All exercises can be modified for any level. You don't want to be the only one missing out – come join the fun!

PILATES: Instructor: Jenny A flowing series of controlled precise floor movements designed to lengthen muscles and improve strength. Great for toning all those troublesome areas!

BODY SCULPT: Instructor: Jenny Abs, glutes, legs, arms...you name it and you will work on it in this class. Shed pounds and gain confidence while working to better yourself with a group of people all trying to do the same.

INTERVALS: Instructor: Stefani This is a class that is sure to challenge those challenging areas. Using interval training to target all areas of the body, get toned up and have fun doing so.

YOGA FIT: Instructor: Jenny Regular yoga practice builds muscular strength, endurance, flexibility, and balance for an overall body workout. We will build upon basic yoga poses to target specific muscle groups while maintaining safe alignment to reduce the risk of injury.