

BACC March Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am	Water Aerobics 6:30am- 7:30am	Group Cycle 6:15am	Water Aerobics 6:30am- 7:30am	Group Cycle 6:15am	Water Aerobics 6:30am- 7:30am	
8:00am		Water Aerobics 8-9am		Water Aerobics 8-9am		Water Aerobics 8-9am
8:30 am	Yoga 8:30am- 9:30am		Yoga 8:30am- 9:30am		Yoga 8:30am- 9:30am	
4:30pm	Group Cycle 4:30pm		Group Cycle 4:30pm			
5:15 pm	Body Sculpt Extreme 5:15pm	Plyometrics 5:15pm	Body Sculpt Extreme 5:15pm	Body Sculpt Extreme 5:15pm	Power Yoga 5:15pm no class March 5th	
5:30pm		Aqua- Jogging 5:30pm- 6:30pm		Aqua- Jogging 5:30pm- 6:30pm		
6:30pm				Power Yoga 7:00pm		

*all light shaded classes take place in the pool

*Black shaded classes = group cycle, \$1 additional charge, bike reservation required

CLASS DESCRIPTIONS

YOGA: Enjoy this light intensity, beginner class intended to increase flexibility, coordination, balance and posture. Relax and release some stress!

WATER AEROBICS: 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. Great for Seniors!

AQUAJOGGER: 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, Aquajogger is for you! (Class may be adapted to shallow water.)

BODY SCULPT EXTREME: Challenge your muscles with this intense lifting class designed to push you through a plateau and transform your body from regular to ripped. Each class will zero in on a specific muscle group for optimal results.
***Due to high attendance of this class, make sure to be here early to get your space. Class is first come first serve.**

GROUP CYCLE: An aerobic workout that takes place on a specially designed stationary bike. Listen to great music while pedaling your way to tighter thighs and a firm butt. This class is great for beginners as it involves little coordination and you are in control of your pace.

POWER YOGA: 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.

PLYOMETRICS EXTREME: Get ready to jump! Your legs will be on fire with this class centered on jump training, which is used by athletes to increase performance. This is a high impact class that will take place in the racquetball court on the wood floor.