



GROUP EXERCISE

Effective January 15th, 2010. See other side for Cordata information

DOWNTOWN

SCHEDULE ALSO AVAILABLE ONLINE AT:
www.bellinghamathleticclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWISSBALL CORE 5:45-6:00 am SPIN 6:00-6:45 am Susan STRONG & STABLE 8:30-9:15 am Paul GENTLE YOGA 9:30-10:45 am Michal STEP/STRENGTH 12:00-1:00 pm Lisa S. JAZZERCISE 5:30-6:30 pm Paulette WEIGHTS FOR WOMEN* 5:30-6:45 pm Lynette ABSOLUTE RESULTS 6:45-7:00 pm POWER PUMP 7:00-8:00 pm Melanie	THE CORE 5:45-6:00 am POWER PUMP+ 6:00-7:00 am Kate WEIGHTS FOR WOMEN* 9:15-10:30 am Tara JAZZERCISE 9:30-10:30 am Jen CYCLE & CORE 12:15-1:15 pm Lynette ZUMBA 5:00-5:45 pm Shayna PILATES 6:00-7:00 pm Kate WEIGHTS FOR WOMEN* 6:00 - 7:15 pm Darcie YOGA 7:15 - 8:30 pm Michal	RISE AND SHINE BOOTCAMP 5:45-6:45 Susan STRONG & STABLE 8:30-9:15 am Paul BOSU BODY BURN 9:30-10:30 am CORE & STRETCH 10:30-10:45 am Jeri PILATES 12:00-1:00 pm Jennifer JAZZERCISE 5:30-6:30 pm Paulette WEIGHTS FOR WOMEN* 5:30-6:45 pm Courtenay POWER PUMP+ 6:45-8:00 pm Courtenay	THE CORE 5:45-6:00 am POWER PUMP+ 6:00-7:00 am Kate WEIGHTS FOR WOMEN* 9:15-10:30 am Tara JAZZERCISE 9:30-10:30 am Karin POWER PUMP 12:00-1:15 pm Courtenay JAZZERCISE EXPRESS 5:00-5:45 pm Paulette PILATES FUSION 6:00-7:00 pm Kate/Susan WEIGHTS FOR WOMEN* 6:00-7:15 pm Darcie	ATHLETIX* PILATES FUSION 6:00-7:00 am Kate TAI CHI 8:00-9:00 am Paul BODY BLITZ 9:30-10:30 am Susan VINYASA YOGA 12:00-1:00 pm Leslie SKI CONDITIONING 5:30-6:30 pm Courtenay	JAZZERCISE 8:30-9:30 am Variety PILATES 9:45-10:45 am Variety <p>If new to class, please come a few minutes early to speak with instructor!</p> <p>BAC policy requires a 3 participant minimum for a class to be held.</p>	

* = YOU MUST PRE-REGISTER

STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CYCLING INTERVAL 6:00 - 7:00 am Cheryl		CYCLING INTERVAL 6:00-7:00 am Marc	
QUICK BALANCE CLASS 9:30-10:00 am Paul CYCLING INTERVAL 12:15-1:15 pm Jim		CYCLING INTERVAL 12:15-1:15 pm Mary		CYCLING INTERVAL 12:15-1:15 pm Lisa S./Courtenay
CYCLING INTERVAL 5:15-6:15 pm	TACFIT* 6:00-6:30 pm Aaron	CYCLING INTERVAL 5:15-6:15 pm Jim	TACFIT* 6:00-6:30 pm Aaron	SATURDAY THE RIDE 8:00-9:00 am Courtenay

PILATES FUSION - Pilates based with influences of Yoga and Dance. This class may include the use of small balls and foam rollers to increase muscle length and stimulation.

JAZZERCISE - This is the fitness format that started it all! The choreography is fun and easy to follow, set to all kinds of music - Hot 100, hip hop, country, jazz, funk, r&b, swing, classics. The class runs 55-60 minutes and includes a warm up, 30 minute aerobic segment, muscle toning and strengthening on the floor (weights optional), stretching and cool down.

POWER PUMP - BAC's barbell training group exercise class. You'll love the music & motivation while you squat, curl, and press for maximum calorie burning & body reshaping. Intended for all levels & designed to guarantee results.

PLUS (+) - Same format as Power Pump but injected with high energy intervals to challenge your cardiovascular system, burn more calories, and reach new goals

PUMP & JUMP - Same format as Power Pump but with the added bonus of cardio intervals between weight sets to really get your heart pumpin'!



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ATHLETIX*	ATHLETIX*		ATHLETIX*			
RETROFIT(G) 8:30-9:30 am Adoreya		RETROFIT(G) 8:30-9:30 am Adoreya	YOGA 8:00-9:00 am Michal	RETROFIT(G) 8:30-9:30 am Tina	BUTTS & GUTS 8:30-9:45 am POWER PUMP 9:45-10:00 am Heather	
WEIGHTS FOR WOMEN* 8:30-9:30 am Lynette		WEIGHTS FOR WOMEN* 8:30-9:30 am Lynette	TRX* (G) 9:00-10:00 am	AEROBIC POWER CHALLENGE 9:00-10:15 am Lisa P.		
BOSU/CARDIO MIX 9:00-10:00 am ABS & CORE 10:00-10:15 am Tina/Jeri	POWER PUMP +10 9:30-10:30 am CORE N' MORE 10:30-10:45 am Michelle	STEP FREESTYLE 9:00-10:15 am Lisa P.	PILATES 9:30-10:30 am Debbie	ATHLETIX* 9:00-10:30 am Mark		
JAZZERCISE(G) 9:45-10:45 am Danita	PILATES 10:45-11:45 am Debbie	JAZZERCISE(G) 9:45-10:45 am Danita	POWER HOUR 10:45-11:45 am Melanie	JAZZERCISE (G) 9:45-10:45 am Danita	ZUMBA 10:30-11:30 Shayna	STEP & STRENGTH 10:45-11:45 am ABSOLUTE RESULTS 11:45-12:00 pm Melanie
PUMP & JUMP 10:30-11:30 am CORE N' MORE 11:30-11:45 am Michelle	STEP 12:15-1:15 pm Melanie	POWER PUMP 12:30-1:30 pm AB ATTACK 1:30-1:45 pm Lisa S.		PILATES 10:30-11:30 am Jennifer	RESERVED 1:30-3:00 pm	
YOGA LEVEL 1 4:30-5:45 pm Michal		ZUMBA 5:30-6:30 pm Shayna	BODY BLITZ 5:30-6:30 pm Lisa S.		RESERVED 4:30-6:00 pm	
BOOT CAMP(G) 5:30-6:45 pm Mark	AB ATTACK 5:30-5:45 pm POWER PUMP 5:45-6:45 pm Heather					
WEIGHTS FOR WOMEN* 5:30-6:45 pm Jeninne		BOOT CAMP(G) 5:30-6:45 pm Mark				
	RESERVED 7:00-8:30 pm	RESERVED 7:00-8:30 pm	RESERVED 7:00-8:30 pm			

If new to class, please come a few minutes early to speak with instructor!

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(G) = CLASS TAKES PLACE IN GYM
DOWNSTAIRS

* = YOU MUST PRE-REGISTER

BOSU BODY BURN - You will get a challenging full-body workout & build endurance & coordination with Bosu intervals. Intended for all levels of fitness. Healthy ankles required.

YOGA LEVEL 1 - Alignment based yoga working towards balance, strength & flexibility, giving mobility & structural integrity. Welcome all who are healthy and injury free.

BODY BLITZ - Energetic, fast-paced workout that meets all your fitness needs. All levels of fitness—includes cardio intervals & strength training stations to boost metabolism, sculpt muscles & relieve stress. Time flies & you will leave feeling exhilarated.

RETROFIT - Moderate-paced, low-impact class designed for people who are comfortable with basic choreography. Focus is on simple movements. This is a great starting class for all ages, beginners and members coming back from rehab injuries.

PILATES - This class is designed to work your powerhouse muscles - abs, lower back, thighs, and buttocks. The discipline emphasizes correct form to help develop strength, flexibility, muscular endurance, coordination, balance, & good posture. Designed for all levels.

ATHLETIX - Sculpt and train your body like an athlete. Mark's new class burns fat and delivers a strong athletic body. High intensity exercises based on power, endurance, strength training, and a strong emphasis on a strong core. Be prepared to sweat and test your willpower!

CYCLING - Designed for cycling enthusiasts & other athletes looking to improve their cardiovascular & cycling skill level. Bike tensions can be set to accommodate all fitness levels. Some upper body toning is also incorporated. Grab your water bottle & get ready to sweat!

STRONG & STABLE - a moderately-paced strengthening and balance exercise class for adults. Every class features exercises to increase balance, mobility, and strength in order for you to continue enjoying an active and fulfilling lifestyle.

TAI CHI - Classes begin with a light warm-up, chi kung exercises (movement and breathing), form practice, and classes end with a standing meditation. Tai Chi is enjoyable and with practice, promotes balance, strength, energy, and a feeling of optimal well-being.

BOOT CAMP - A results based conditioning program, conducted indoors & outdoors, utilizing military style format coupled with the most innovative & creative exercises in fitness. Workouts include cardiovascular, speed and endurance, partner resistance, strength training & more. If you think you need a kick start, this class is for you!!!

SMALL GROUP GRAVITY* CLASS SCHEDULE—CONTACT DOWNTOWN FRONT DESK