



# Group Exercise Schedule

Effective April 18, 2019. See other side for Cordata information.

## Downtown

www.bellinghamathleticclub.com

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

<b>REVOLUTION</b> Cycling 5:45-6:30 am Jill	<b>Power Pump+</b> 5:30-6:30 am Kate	<b>Rise &amp; Shine Bootcamp</b> 5:30-6:30 am Susan	<b>Strong</b> 5:30-6:30 am Kate	<b>REVOLUTION</b> Cycling 5:45-6:30 am Jill		
		<b>REVOLUTION</b> Cycling 6:00-6:45 am Melissa				
	<b>Cardio Dance &amp; Fitness</b> 7:15-8:15 am Elena	<b>PiYo</b> 7:00-8:00 am Melissa	<b>Cardio Dance &amp; Fitness</b> 7:15-8:15 am Elena		<b>REVOLUTION</b> Cycling 7:15-8:00 am Variety	
<b>Strong &amp; Stable</b> 8:30-9:15 am Lesley	<b>Strength &amp; Stretch</b> 8:30-9:15 am Lesley	<b>Strong &amp; Stable</b> 8:30-9:15 am Lesley		<b>Zumba</b> 9:00-9:45 am Tina	<b>Cardio Dance &amp; Fitness</b> 8:30-9:30 am Elena	
<b>Gentle Yoga</b> 9:30-10:45 am Elena		<b>HIIT</b> 9:30-10:30 am Jeri		<b>TBC</b> 9:45-10:45 am Tina		
<b>STEP &amp; Pump</b> 12:00-1:00 pm Cindy	<b>REVOLUTION</b> Cycling 12:00-12:45 pm Lesley	<b>Pilates</b> 12:00-1:00 pm Jennifer	<b>REVOLUTION</b> Cycling/Strong 12:00-1:00 pm Tina	<b>Intermediate Yoga</b> 12:00-1:00 pm Elena		
<b>Gentle Yoga</b> 4:15-5:15 pm Elena						
<b>Weights for Women*</b> 4:30-5:15 pm Alexa		<b>Weights for Women*</b> 4:30-5:15 pm Alexa				
<b>Weights for Women*</b> 5:00-5:45 pm Crystal		<b>Weights for Women*</b> 5:00-5:45 pm Crystal		<b>REVOLUTION</b> Happy Hour Cycling 5:15-6:15 pm Courtenay McFadden		
<b>Cardio Dance &amp; Fitness</b> 5:30-6:30 pm Elena	<b>REVOLUTION</b> Cycling 5:30-6:15 pm Jeremy/Melissa	<b>Cardio Dance &amp; Fitness</b> 5:30-6:30 pm Elena	<b>REVOLUTION</b> Cycling 5:45-6:30 pm Liza			
	<b>Yoga</b> 6:45 - 8:00 pm Frederica		<b>Flow Yoga</b> 6:45 - 7:45 pm Liza			

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

BAC policy requires a 3 participants minimum for a class to be held.

**\*Fee Required**

SILVER MEMBERSHIPS DO NOT INCLUDE CLASSES

A LIST OF ALL CLASS DESCRIPTIONS CAN BE FOUND ONLINE UNDER "GROUP FITNESS CLASSES"



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MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

	<b>Insanity</b> 5:45-6:45 am Heather		<b>Insanity</b> 5:45-6:45 am Heather	TBC (G) 5:45-6:45am Heather		
<b>Retrofit (G)</b> 8:30-9:30 am Theresa		<b>Retrofit (G)</b> 8:30-9:30 am Theresa		<b>Retrofit (G)</b> 8:30-9:30 am Lesley	<b>Power Pump Challenge</b> 8:30-9:45 am Heather	
<b>Dance Bootcamp</b> 9:00-10:00 am Tina	<b>Zumba (G)</b> 9:30-10:30 am Cindy	<b>Cardio Mix</b> 9:00-10:00 am Patti	<b>Zumba(G)</b> 9:15-10:15 am Cindy	<b>Dance Your Abs off</b> 9:00-10:00 am Patti	<b>Zumba (G)</b> 9:30-10:30 am Cindy/Maria	
<b>Weights for Women*</b> 9:15-10:00 am Crystal	<b>HIIT</b> 9:30-10:30 am Jeri/Patti	<b>Stretch</b> 10:00-10:15 am Patti	<b>Yoga</b> 9:15-10:30 am Michal	<b>Weights for Women*</b> 9:15-10:00 am Tiffany		
<b>Strong</b> 10:00-11:00 am Tina			<b>HIIT (G)</b> 10:15-11:15 am Tina			
	<b>Pilates</b> 10:45-11:45 am Jennifer			<b>Pilates</b> 10:15-11:15 am Jennifer		
		<b>TBC</b> 12:00-1:00 pm Tina				
	<b>Martial Arts*</b> 4:00-5:15 pm Tanner		<b>*Martial Arts</b> 4:00-5:15 pm Tanner			
<b>Power Pump</b> 5:30-6:30 pm Heather	<b>Kickboxing/Power</b> 5:30-6:30 pm Leah	<b>Zumba</b> 5:30-6:30 pm Celine	<b>Barre/Pilates</b> 5:30-6:30 pm Lesley			
<b>Boot Camp (G)</b> 5:30-6:30 pm Jeremy	<b>Weights for Women*</b> 5:30-6:15 pm Alexa	<b>Boot Camp (G)</b> 5:30-6:30 pm Jeremy	<b>HIIT (G)</b> 5:30-6:30 pm Heather	<b>Zumba</b> 5:45-6:45 pm Celine		
					<p>If new to class, please come a few minutes early to speak with instructor!</p> <p>BAC policy requires a 3 participants minimum for a class to be held.</p> <p>(G) Class takes place in Gym</p> <p><b>*Fee Required</b></p>	