



Group Exercise Schedule

Effective July 30, 2019. See other side for Cordata information.

Downtown

www.bellinghamathleticclub.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

REVOLUTION Cycling 5:45-6:30 am Jill	REVOLUTION Cycling 5:45-6:30 am Melissa	Rise & Shine Bootcamp 5:30-6:30 am Susan		REVOLUTION Cycling 5:45-6:30 am Jill		
	Cardio Dance & Fitness 7:15-8:15 am Elena				REVOLUTION Cycling 7:15-8:00 am Variety	
Strong & Stable 8:30-9:15 am Lesley	Strength & Stretch 8:30-9:15 am Lesley	Strong & Stable 8:30-9:15 am Lesley		Zumba 9:00-9:45 am Tina	Cardio Dance & Fitness 8:30-9:30 am Elena	
Gentle Yoga 9:30-10:45 am Elena		HIIT 9:30-10:30 am Jeri		TBC 9:45-10:45 am Tina		
STEP & Pump 12:00-1:00 pm Cindy	REVOLUTION Cycling 12:00-12:45 pm Lesley	Pilates 12:00-1:00 pm Jennifer		Intermediate Yoga 12:00-1:00 pm Elena		
Gentle Yoga 4:15-5:15 pm Elena						
Weights for Women* 4:30-5:15 pm Alexa		Weights for Women* 4:30-5:15 pm Alexa				
Weights for Women* 5:00-5:45 pm Crystal		Weights for Women* 5:00-5:45 pm Crystal				
Cardio Dance & Fitness 5:30-6:30 pm Elena	REVOLUTION Cycling 5:30-6:15 pm Jeremy/Melissa	Cardio Dance & Fitness 5:30-6:30 pm Elena	REVOLUTION Cycling 5:45-6:30 pm Liza			
			Flow Yoga 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"



Group Exercise Schedule

Effective July 30, 2019. See other side for Downtown information.

Cordata

www.bellinghamathleticclub.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	Insanity 5:45-6:45 am Heather		Insanity 5:45-6:45 am Heather	TBC (G) 5:45-6:45am Heather		
Retrofit (G) 8:30-9:30 am Theresa		Zumba Gold (G) 8:30-9:30 am Celine		Strong & Stable (G) 8:30-9:30 am Lesley	Power Pump Challenge 8:30-9:45 am Heather	
Dance Bootcamp 9:00-10:00 am Tina	Zumba (G) 9:30-10:30 am Cindy	Cardio Mix 9:00-10:00 am Patti	Zumba(G) 9:15-10:15 am Cindy	Dance Your Abs off 9:00-10:00 am Patti	Zumba (G) 9:30-10:30 am Cindy/Maria	
Weights for Women* 9:15-10:00 am Crystal	HIIT 9:30-10:30 am Jeri/Patti	Stretch 10:00-10:15 am Patti	Gentle Yoga 9:15-10:30 am Michal	Weights for Women* 9:15-10:00 am Tiffany		
Strong 10:00-11:00 am Tina			HIIT (G) 10:15-11:15 am Tina			
	Pilates 10:45-11:45 am Jennifer			Pilates 10:15-11:15 am Jennifer		
	Martial Arts* 4:00-5:15 pm Tanner		*Martial Arts 4:00-5:15 pm Tanner			
Power Pump 5:30-6:30 pm Heather	Kickboxing/Power 5:30-6:30 pm Leah	Zumba 5:30-6:30 pm Celine	Barre/Pilates 5:30-6:30 pm Lesley			
Boot Camp (G) 5:30-6:30 pm Jeremy	Weights for Women* 5:30-6:15 pm Alexa	Boot Camp (G) 5:30-6:30 pm Jeremy		Zumba 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 style="background-color: #ADD8E6; display: inline-block; padding: 2px;">*Fee Required</p>	