



# Group Exercise Schedule

Effective November 19 2019. See other side for Cordata information.

## Downtown

www.bellinghamathleticclub.com

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

Power Hour  
5:30-6:30 am  
Kate

Rise & Shine Bootcamp  
5:30-6:30 am  
Susan

Power Hour  
5:30-6:30 am  
Kate

REVOLUTION  
Cycling  
5:45-6:30 am  
Jill

REVOLUTION  
Cycling  
5:45-6:30 am  
Susan

Cardio Dance &  
Fitness  
7:15-8:15 am  
Elena

REVOLUTION  
Cycling  
7:30-8:15 am  
Andrea

Strong & Stable  
8:30-9:15 am  
Lesley

Strength & Stretch  
8:30-9:15 am  
Lesley

Strong & Stable  
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  
9:45-11:00 am  
Elena

HIIT  
9:45-10:45 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

Power Pump  
12:00-1:00 pm  
Cindy

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\*  
5:00-5:45 pm  
Crystal

Cardio Dance &  
Fitness  
5:30-6:30 pm  
Elena

Weights for Women\*  
4:30-5:15 pm  
Alexa

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  
Jill

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 November 19, 2019. See other side for Downtown information.

## Cordata

www.bellinghamathleticclub.com

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

	<b>Insanity</b> 5:45-6:45 am Heather		<b>Mash Up</b> 5:45-6:45 am Heather	<b>TBC (G)</b> 5:45-6:45am Heather		
<b>Retrofit (G)</b> 8:30-9:30 am Theresa		<b>Retrofit (G)</b> 8:30-9:30 am Andrea		<b>Strong &amp; Stable (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/Gina	
<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>Gentle 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>PiYo</b> 5:30-6:30 pm Melissa	<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 Andrea	<b>Weights for Women*</b> 5:30-6:15 pm Alexa	<b>Boot Camp (G)</b> 5:30-6:30 pm Andrea				

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.

(G) Class takes place in Gym

**\*Fee Required**