



Group Exercise Schedule

Effective January 6, 2020. 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

REVOLUTION
Cycling
6:45-7:30 am
Melissa

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

REVOLUTION
Cycling
6:45-7:30 am
Andrea

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"



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Cordata

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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|--|---|--------|
| | Insanity 5:45-6:45 am Heather | | Mash Up 5:45-6:45 am Heather | TBC (G) 5:45-6:45am Heather | | |
| Retrofit (G) 8:30-9:30 am Andrea | | Retrofit (G) 8:30-9:30 am Andrea | | 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/Gina | |
| Weights for Women* 9:15-10:00 am Crystal | Boot Camp 9:30-10:30 am Andrea | | Gentle Yoga 9:15-10:30 am Michal | Weights for Women* 9:15-10:00 am Tiffany | Class of the Month Barre 10:00-11:00 am Andrea | |
| STRONG 10:00-11:00 am Tina | | Barre 10:15-11:15 am Andrea | HIIT (G) 10:15-11:15 am Tina | | | |
| Yoga 11:15 am-12:15 pm Leslie | Pilates 10:45-11:45 am Jennifer | | | Pilates 10:15-11:15 am Jennifer | | |
| | | TBC 12:00-1:00 pm Tina | | | | |
| | Martial Arts* 4:00-5:15 pm Tanner | | *Martial Arts 4:00-5:15 pm Tanner | | | |
| Power Pump 5:30-6:30 pm Heather | PiYo 5:30-6:30 pm Melissa | Zumba 5:30-6:30 pm Celine | Barre/Pilates 5:30-6:30 pm Lesley | | | |
| Boot Camp (G) 5:30-6:30 pm Andrea | Weights for Women* 5:30-6:15 pm Alexa | Boot Camp (G) 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