



# BFC - Group Exercise Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM <b>SPINNING®</b> [Stephanie]	6:00 AM <b>SPINNING®</b> [Jocelyn]	6:00 AM <b>SPINNING®</b> [Stephanie]	6:00 AM <b>SPINNING®</b> [Jocelyn]	8:30 AM <b>BURN N' BOX</b> [Goose] <b>V</b>	7:30 AM <b>BOOTY CORE</b> [Sam] <b>A</b>	8:30 AM <b>SPINNING®</b> [Amanda]
8:30 AM <b>20/20/20</b> [Jocelyn] <b>V</b>	8:30 AM <b>Muscle &amp; Core</b> [Sam] <b>V</b>	6:00 AM <b>AKTIV HIIT</b> [Sam] <b>V</b>	6:00 AM <b>Functional Fit</b> [Sam] <b>V</b>	9:30 AM <b>YOGA REFRESH</b> [Tatiana] *Beginner/Gentle	8:30 AM <b>SPINNING®</b> [Amanda]	10:00 AM <b>YOGA STRETCH</b> [Gracie] *Beginner/Gentle
9:00 AM <b>YOGA REFRESH</b> [Tatiana] <b>A</b> *Beginner & all levels	10:30 AM <b>FOREVER YOUNG</b> [Dianna] <b>v</b>	8:30 AM <b>Sculpt</b> [Shee] <b>V</b>	8:30 AM <b>BURN N' BOX</b> [Goose] <b>V</b>	10:30 AM <b>ZUMBA®</b> [Jasmine] <b>V</b>	8:30 AM <b>SCULPT</b> [Shee] <b>V</b>	
10:00 AM <b>ZUMBA®</b> [Jasmine] <b>V</b>	12:00 PM <b>POWER YOGA</b> [Tatiana] *all levels	9:00 AM <b>YOGA REFRESH</b> [Dennisse] *Beginner/Gentle	9:30 AM <b>ZUMBA®</b> [Marisela] <b>V</b>	12:00 PM <b>YOGA FORM</b> [Dennisse] *all levels	9:30 AM <b>SPINNING®</b> [Traci]	
12:00 PM <b>YOGA FLOW</b> [Gracie] *All levels	5:30 PM <b>PILATES SCULPT</b> [Stephanie] <b>V</b>	12:00 PM <b>YOGA FORM</b> [Jo] *Beginner & all levels	12:00 PM <b>YOGA FLOW</b> [Jo] *Beginner all levels	6:30 PM <b>HIIT</b> [Amanda] <b>V</b>	9:30 AM <b>XTREME FIT</b> [Amanda] <b>V</b>	
5:30 PM <b>SPINNING®</b> [Traci]	6:30 PM <b>SPINNING®</b> [Stephanie]	5:30 PM <b>SPINNING®</b> [Amanda]	5:30 PM <b>PILATES SCULPT</b> [Stephanie] <b>V</b>		10:30 AM <b>BURN N' BOX</b> [Goose] <b>V</b>	
5:30 PM <b>XTREME FIT</b> [Amanda] <b>V</b>	6:30 PM <b>HIIT</b> [Dianna] <b>V</b>	5:30 PM <b>FULL BODY BLAST</b> [Traci] <b>V</b>	6:30 PM <b>SPINNING®</b> [Stephanie]			
6:30 PM <b>ZUMBA®</b> [Alicia] <b>V</b>	7:30 PM <b>XTREME FIT</b> [Amanda] <b>V</b>	6:30 PM <b>SPINNING®</b> [Traci]	6:30 PM <b>HIIT</b> [Dianna] <b>V</b>			
7:00 PM <b>YOGA POWER FLOW</b> [Tatiana] *intermediate/advanced		6:30 PM <b>CARDIO STRENGTH</b> [Amanda] <b>V</b>	7:00 PM <b>YOGA POWER FLOW</b> [Tatiana] *intermediate/advanced			
7:00 PM <b>SPINNING®</b> [Jocelyn]		7:30 PM (45min) <b>POUND</b> [Amanda] <b>V</b>				
7:45 PM <b>HARDCORE CARDIO</b> [Amanda] <b>V</b>					<b>V = Vitality Studio</b> <b>A = Agility Studio</b>	<b>*All Classes are 45min</b>

AKTIV HIIT	A Small group class taught by a certified personal trainer that combines TRX, kettlebells, cardio & more. Great for the optimal fat loss & strength.
BOOTY CORE	Get that body in shape military style.
BURN N' BOX	Learn basic boxing moves from our experts while working on your cardio and toning through intervals.
CARDIO STRENGTH	Test your endurance in this heart racing, explosive class.
COMBAT PRACTICE	Get your heart pumping! Learn Combat moves and techniques in this ageless sport known for being the national sport of Korea.
XTREME FIT	Get a total body workout with a mix of cardio, conditioning and core strengthening while getting a metabolism boost.
FOREVER YOUNG	This class for Seniors will work on balance, strength and flexibility, keeping you functional for everyday life.
FULL BODY BLAST	Hit multiple muscle groups with one blast.
FUNCTIONAL FIT	Functional movements that keep you moving well, get you sweating, build lean muscle and keeps you burning body fat throughout the day.
HARDCORE CARDIO	An extensive and heart pumping full body workout through cardio and interval exercises.
HIIT*	A high intensity workout that pairs each exercise with a timed interval for toning and shaping the body while increasing endurance.
MUSCLE & CORE	Strength, muscle toning and conditioning with the benefits of core and joint mobility.
PILATES SCULPT	Sculpt and tone your entire body with Pilates inspired moves using light weights, sliders, bands, and more.
POUND	You become the music! Exhilarating workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks.
TURBO X SPINNING	Blending 30min of Spinning with 30min TRX suspension training to increase strength, balance, flexibility & core stability.
SCULPT	Combines free weights, yoga sequencing and cardio to give you that perfectly toned body.
SPINNING	High intensity cardio cycling class that burns high amounts of calories while the pedaling also gives you resistance training.
STRENGTH AND CONDITIONING	Teaching the fundamentals of movement mechanics through body weight, load bearing and circuit training exercises that can be applied to your everyday life.
YOGA FLOW	★ Intermediate/Advanced yoga class. Incorporates traditional poses and breathing techniques with a mix of cardio based flow and stretching.
YOGA FORM	Work on proper alignment while holding poses in this form focused class.
YOGA POWER FLOW	★ Intermediate/Advanced Yoga where traditional poses and breathing flow into cardio.
YOGA REFRESH	Feel recharged and rejuvenated after a restorative yoga class.
YOGA SCULPT	Kick up your yoga game by adding in sculpting moves! Tone all over as you incorporate light hand weights with your basic yoga poses.
YOGA STRETCH	A slow-paced yoga class suitable for beginners, helps increase flexibility and improve posture on and off the mat.
ZUMBA*	Dance your way to results with this fun, energetic and heart pumping class.
20/20/20	Get it all! 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core exercise.

\*\*\* Classes are all fitness levels except for those with a ★