



# GROUP EXERCISE

Effective February 1st, 2011. See other side for Cordata information.

## DOWNTOWN

SCHEDULE ALSO AVAILABLE ONLINE AT:  
www.bellinghamathleticclub.com

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

<p><b>LOW IMPACT BOOTCAMP</b> 5:45-6:45 am Susan</p> <p><b>STRONG &amp; STABLE</b> 8:30-9:15 am Paul</p> <p><b>GENTLE YOGA</b> 9:30-10:45 am Michal</p> <p><b>STEP/STRENGTH</b> 12:00-1:00 pm Lisa S.</p> <p><b>JAZZERCISE</b> 5:30-6:30 pm Rachel</p> <p><b>WEIGHTS FOR WOMEN*</b> 5:30-6:45 pm Kristin</p> <p><b>POWER PUMP</b> 6:45-7:45 pm Melanie</p>	<p><b>POWER PUMP+</b> 5:45-7:00 am Kate</p> <p><b>WEIGHTS FOR WOMEN*</b> 9:15-10:30 am Tara</p> <p><b>JAZZERCISE</b> 9:30-10:30 am Karin</p> <p><b>CYCLE &amp; CORE</b> 12:15-1:15 pm Lynette</p> <p><b>ZUMBA</b> 5:00-5:45 pm Sarah</p> <p><b>PILATES</b> 6:00-7:00 pm Debbie</p> <p><b>WEIGHTS FOR WOMEN*</b> 5:30-6:45 pm Lynette</p> <p><b>YOGA</b> 7:15 - 8:30 pm Michal</p>	<p><b>RISE AND SHINE BOOTCAMP</b> 5:45-6:45 am Susan</p> <p><b>GENTLE YOGA</b> 8:15-9:15 am Holly</p> <p><b>BOSU BODY BURN</b> 9:30-10:30 am Jeri</p> <p><b>PILATES</b> 12:00-1:00 pm Jennifer</p> <p><b>JAZZERCISE</b> 5:30-6:30 pm Karin</p> <p><b>WEIGHTS FOR WOMEN*</b> 5:30-6:45 pm Courtenay</p> <p><b>SKI CONDITIONING</b> 6:45-7:45 pm Courtenay</p>	<p><b>POWER PUMP+</b> 5:45-7:00 am Kate</p> <p><b>WEIGHTS FOR WOMEN*</b> 9:15-10:30 am Tara</p> <p><b>JAZZERCISE</b> 9:30-10:30 am Variety</p> <p><b>POWER PUMP</b> 12:00-1:00 pm Courtenay</p> <p><b>ZUMBA</b> 5:00-5:45 pm Geliza</p> <p><b>PILATES FUSION</b> 6:00-7:00 pm Shannon</p> <p><b>WEIGHTS FOR WOMEN*</b> 5:30-6:45 pm Lynette</p>	<p><b>ATHLETIX*</b></p> <p><b>TAI CHI</b> 8:00-9:00 am Paul</p> <p><b>BODY BLITZ</b> 9:30-10:30 am Susan</p> <p><b>VINYASA YOGA</b> 12:00-1:00 pm Holly</p>	<p><b>JAZZERCISE</b> 8:30-9:30 am Variety</p> <p><b>PILATES</b> 9:45-10:45 am Shannon</p>	
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If new to class, please come a few minutes early to speak with instructor!

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

\* = YOU MUST PRE-REGISTER

## STUDIO B

<p><b>CYCLING INTERVAL</b> 12:15-1:15 pm Jim</p> <p><b>CYCLING INTERVAL</b> 5:00-6:00 pm Bryn</p>	<p><b>CYCLING INTERVAL</b> 6:00-7:00 am Cheryl</p> <p><b>TACFIT*</b> 6:00-6:30 pm Aaron</p> <p><b>FANATIK CYCLING</b> 6:30-7:30 pm</p>	<p><b>CYCLING INTERVAL</b> 12:15-1:15 pm Mary</p> <p><b>CYCLING INTERVAL</b> 5:00-6:00 pm Bryn</p>	<p><b>CYCLING INTERVAL</b> 6:00-7:00 am Marc</p> <p><b>TACFIT*</b> 6:00-6:30 pm Aaron</p> <p><b>FANATIK CYCLING</b> 6:30-7:30 pm</p>	<p><b>CYCLING INTERVAL</b> 12:15-1:15 pm Lisa S./Courtenay</p>	<p><b>SATURDAY CYCLING INTERVAL</b> 8:30-9:30 am Bryn</p>
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**PILATES FUSION** - Pilates based with influences of Yoga and Dance. This class may include the use of small balls and foam rollers to increase muscle length and stimulation.

**JAZZERCISE** - This is the fitness format that started it all! The choreography is fun and easy to follow, set to all kinds of music - Hot 100, hip hop, country, jazz, funk, r&b, swing, classics. The class runs 55-60 minutes and includes a warm up, 30 minute aerobic segment, muscle toning and strengthening on the floor (weights optional), stretching and cool down.

**POWER PUMP** - BAC's barbell training group exercise class. You'll love the music & motivation while you squat, curl, and press for maximum calorie burning & body reshaping. Intended for all levels & designed to guarantee results.

**PLUS (+)** - Same format as Power Pump but injected with high energy intervals to challenge your cardiovascular system, burn more calories, and reach new goals

**PUMP & JUMP** - Same format as Power Pump but with the added bonus of cardio intervals between weight sets to really get your heart pumping!



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## CORDATA

SCHEDULE ALSO AVAILABLE ONLINE AT:  
www.bellinghamathleticclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ATHLETIX*</b>	<b>ATHLETIX*</b>		<b>ATHLETIX*</b>			
<b>RETROFIT(G)</b> 8:15-9:15 am Adoreya		<b>RETROFIT(G)</b> 8:15-9:15 am Melanie	<b>YOGA</b> 8:00-9:00 am Michal	<b>RETROFIT(G)</b> 8:30-9:30 am Tina	<b>POWER PUMP</b> 8:30-9:45 am Heather	
<b>WEIGHTS FOR WOMEN*</b> 9:15-10:15 am Lynette	<b>ZUMBA (G)</b> 9:30-10:30 am Geliza	<b>WEIGHTS FOR WOMEN*</b> 9:15-10:15 am Lynette	<b>ZUMBA (G)</b> 9:00-9:45 am Geliza	<b>AEROBIC POWER CHALLENGE</b> 9:00-10:00 am Lisa P.		
<b>CARDIO MIX</b> 9:00-10:00 am Tina	<b>POWER PUMP</b> 9:30-10:30 am Tina/Michelle	<b>STEP FREESTYLE</b> 9:00-10:00 am Lisa P.	<b>PILATES</b> 9:30-10:30 am Debbie	<b>ATHLETIX*</b> 9:45-10:45 am Mark		
<b>JAZZERCISE(G)</b> 9:45-10:45 am Danita	<b>PILATES</b> 10:45-11:45 am Debbie	<b>JAZZERCISE(G)</b> 9:45-10:45 am Danita	<b>TRX* (G)</b> 10:00-11:00 am	<b>JAZZERCISE (G)</b> 9:45-10:45 am Variety	<b>ZUMBA</b> 10:00-11:00 am Geliza	<b>STEP</b> 10:30-11:30 am Adoreya
<b>PUMP &amp; JUMP</b> 10:00-11:00 am Tina	<b>BABY &amp; BODY*(G)</b> 11:30-12:30 pm Shari		<b>BABY &amp; BODY*(G)</b> 11:15-12:15 pm Elizabeth			
<b>YOGA LEVEL 1</b> 4:30-5:45 pm Michal	<b>STEP</b> 12:00-1:00 pm Debbie	<b>POWER PUMP</b> 12:30-1:30 pm Lisa S.	<b>STEP</b> 12:15-1:15 pm Melanie	<b>PILATES</b> 10:30-11:30 am Jennifer	<b>RESERVED</b> 1:30-3:00 pm	
<b>BOOT CAMP(G)</b> 5:30-6:45 pm Mark			<b>TRX* (G)</b> 5:15-6:00 pm Mark		<b>RESERVED</b> 4:30-6:00 pm	
<b>BODY BLAST</b> 5:45-6:45 pm Heather	<b>POWER PUMP</b> 5:30-6:30 pm Heather	<b>ZUMBA</b> 5:30-6:30 pm Roxie	<b>BODY BLITZ</b> 5:30-6:30 pm Lisa S.			
		<b>BOOT CAMP(G)</b> 5:30-6:45 pm Mark				
	<b>RESERVED</b> 7:00-8:30 pm	<b>RESERVED</b> 7:00-8:30 pm	<b>RESERVED</b> 7:00-8:30 pm			

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

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

(G) = CLASS TAKES PLACE IN GYM DOWNSTAIRS

\* = YOU MUST PRE-REGISTER

**BOSU BODY BURN** - You will get a challenging full-body workout & build endurance & coordination with Bosu intervals. Intended for all levels of fitness. Healthy ankles required.

**YOGA LEVEL 1** - Alignment based yoga working towards balance, strength & flexibility, giving mobility & structural integrity. Welcome all who are healthy and injury free.

**BODY BLITZ** - Energetic, fast-paced workout that meets all your fitness needs. All levels of fitness—includes cardio intervals & strength training stations to boost metabolism, sculpt muscles & relieve stress. Time flies & you will leave feeling exhilarated.

**RETROFIT** - Moderate-paced, low-impact class designed for people who are comfortable with basic choreography. Focus is on simple movements. This is a great starting class for all ages, beginners and members coming back from rehab injuries.

**PILATES** - This class is designed to work your powerhouse muscles - abs, lower back, thighs, and buttocks. The discipline emphasizes correct form to help develop strength, flexibility, muscular endurance, coordination, balance, & good posture. Designed for all levels.

**ATHLETIX** - Sculpt and train your body like an athlete. Mark's new class burns fat and delivers a strong athletic body. High intensity exercises based on power, endurance, strength training, and a strong emphasis on a strong core. Be prepared to sweat and test your willpower!

**CYCLING** - Designed for cycling enthusiasts & other athletes looking to improve their cardiovascular & cycling skill level. Bike tensions can be set to accommodate all fitness levels. Some upper body toning is also incorporated. Grab your water bottle & get ready to sweat!

**STRONG & STABLE** - a moderately-paced strengthening and balance exercise class for adults. Every class features exercises to increase balance, mobility, and strength in order for you to continue enjoying an active and fulfilling lifestyle.

**TAI CHI** - Classes begin with a light warm-up, chi kung exercises (movement and breathing), form practice, and classes end with a standing meditation. Tai Chi is enjoyable and with practice, promotes balance, strength, energy, and a feeling of optimal well-being.

**BOOT CAMP** - A results based conditioning program, conducted indoors & outdoors, utilizing military style format coupled with the most innovative & creative exercises in fitness. Workouts include cardiovascular, speed and endurance, partner resistance, strength training & more. If you think you need a kick start, this class is for you!!!

**SMALL GROUP GRAVITY\* CLASS SCHEDULE—CONTACT DOWNTOWN FRONT DESK**