



GROUP EXERCISE

Effective August 1st, 2010. See other side for Cordata information.

DOWNTOWN

SCHEDULE ALSO AVAILABLE ONLINE AT:
www.bellinghamathleticclub.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

	<p>THE CORE 5:45-6:00 am</p> <p>POWER PUMP+ 6:00-7:00 am Kate</p> <p>STRONG & STABLE 8:30-9:15 am Paul</p> <p>GENTLE YOGA 9:30-10:45 am Michal</p> <p>STEP/STRENGTH 12:00-1:00 pm Lisa S.</p> <p>JAZZERCISE 5:30-6:30 pm Paulette</p> <p>WEIGHTS FOR WOMEN* 5:30-6:45 pm Lynette</p> <p>ABSOLUTE RESULTS 6:45-7:00 pm POWER PUMP 7:00-8:00 pm Melanie</p>	<p>RISE AND SHINE BOOTCAMP 5:45-6:45 Susan</p> <p>STRONG & STABLE 8:30-9:15 am Paul</p> <p>BOSU BODY BURN 9:30-10:30 am CORE & STRETCH 10:30-10:45 am Jeri</p> <p>PILATES 12:00-1:00 pm Jennifer</p> <p>JAZZERCISE 5:30-6:30 pm Paulette</p> <p>WEIGHTS FOR WOMEN* 5:30-6:45 pm Courtenay</p>	<p>THE CORE 5:45-6:00 am</p> <p>POWER PUMP+ 6:00-7:00 am Kate</p> <p>WEIGHTS FOR WOMEN* 9:15-10:30 am Tara</p> <p>JAZZERCISE 9:30-10:30 am Karin</p> <p>POWER PUMP 12:00-1:15 pm Courtenay</p> <p>PILATES FUSION 6:00-7:00 pm Hannah</p> <p>WEIGHTS FOR WOMEN* 5:30-6:45 pm Lynette</p>	<p>ATHLETIX*</p> <p>TAI CHI 8:00-9:00 am Paul</p> <p>BODY BLITZ 9:30-10:30 am Shari</p> <p>VINYASA YOGA 12:00-1:00 pm Holly</p>	<p>JAZZERCISE 8:30-9:30 am Variety</p> <p>PILATES 9:45-10:45 am Hannah</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>CYCLING INTERVAL 6:00-7:00 am Cheryl</p>	<p>CYCLING INTERVAL 6:00-7:00 am Marc</p>
<p>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.</p> <p>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.</p> <p>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.</p> <p>PLUS (+) - Same format as Power Pump but injected with high energy intervals to challenge your cardiovascular system, burn more calories, and reach new goals</p> <p>PUMP & JUMP - Same format as Power Pump but with the added bonus of cardio intervals between weight sets to really get your heart pumpin'!</p>	<p>CYCLING INTERVAL 12:15-1:15 pm KJ</p> <p>CYCLING INTERVAL 5:00-6:00 pm Brynn</p> <p>TACFIT* 6:00-6:30 pm Aaron</p>	<p>QUICK BALANCE CLASS 9:30-10:00 am Paul</p> <p>CYCLING INTERVAL 12:15-1:15 pm Mary</p> <p>CYCLING INTERVAL 5:00-6:00 pm Brynn</p> <p>TACFIT* 6:00-6:30 pm Aaron</p>

SATURDAY

SMALL GROUP GRAVITY* CLASS SCHEDULE—CONTACT DOWNTOWN FRONT DESK



GROUP EXERCISE

Effective August 1st, 2010. See other side for Downtown information.

CORDATA

SCHEDULE ALSO AVAILABLE ONLINE AT:
www.bellinghamathleticclub.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ATHLETIX*	ATHLETIX*		ATHLETIX*			
RETROFIT(G) 8:30-9:30 am KJ		RETROFIT(G) 8:30-9:30 am KJ	YOGA 8:00-9:00 am Michal	RETROFIT(G) 8:30-9:30 am Tina	BUTTS & GUTS 8:30-8:45 am POWER PUMP 8:45-10:00 am Heather	
WEIGHTS FOR WOMEN* 9:15-10:15 am Lynette		WEIGHTS FOR WOMEN* 9:15-10:15 am Lynette	ZUMBA (G) 9:00-9:45 am Geliza	AEROBIC POWER CHALLENGE 9:00-10:15 am Lisa P.		
BOSU/CARDIO MIX 9:00-10:00 am ABS & CORE 10:00-10:15 am Tina/Jeri	POWER PUMP +10 9:30-10:30 am CORE N' MORE 10:30-10:45 am Michelle	STEP FREESTYLE 9:00-10:15 am Lisa P.	PILATES 9:30-10:30 am Debbie	ATHLETIX* 9:00-10:30 am Mark		
JAZZERCISE(G) 9:45-10:45 am Danita	PILATES 10:45-11:45 am Debbie	JAZZERCISE(G) 9:45-10:45 am Danita	TRX* (G) 10:00-11:00 am	JAZZERCISE (G) 9:45-10:45 am Danita	ZUMBA 10:30-11:30 Geliza	STEP & STRENGTH 10:45-11:45 am ABSOLUTE RESULTS 11:45-12:00 pm Melanie
PUMP & JUMP 10:30-11:30 am CORE N' MORE 11:30-11:45 am Michelle	STEP 12:15-1:15 pm Melanie	POWER PUMP 12:30-1:30 pm AB ATTACK 1:30-1:45 pm Lisa S.	POWER HOUR 10:45-11:45 am Melanie	PILATES 10:30-11:30 am Jennifer	RESERVED 1:30-3:00 pm	
YOGA LEVEL 1 4:30-5:45 pm Michal					RESERVED 4:30-6:00 pm	
BOOT CAMP(G) 5:30-6:45 pm Mark	AB ATTACK 5:30-5:45 pm POWER PUMP 5:45-6:45 pm Heather	ZUMBA 5:30-6:30 pm Shayna	BODY BLITZ 5:30-6:30 pm Lisa S.			
WEIGHTS FOR WOMEN* 5:30-6:45 pm Jeninne		BOOT CAMP(G) 5:30-6:45 pm Mark				
	RESERVED 7:00-8:30 pm	RESERVED 7:00-8:30 pm	RESERVED 7:00-8:30 pm			

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(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