



GROUP EXERCISE

Effective January 13, 2012. See other side for Cordata information.

www.bellinghamathleticclub.com

DOWNTOWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LOW IMPACT BOOTCAMP 5:45-6:45 am Courtenay STRONG & STABLE 8:30-9:15 am Paul GENTLE YOGA 9:30-10:45 am Michael STEP/STRENGTH 12:00-1:00 pm Lisa S. JAZZERCISE 5:30-6:30 pm Paulette WEIGHTS FOR WOMEN* 5:45-6:30 pm Courtenay POWER PUMP 6:45-7:45 pm Melanie	POWER PUMP+ 5:45-7:00 am Kate WEIGHTS FOR WOMEN* 7:00-7:45 am Courtenay JAZZERCISE 9:30-10:30 am Rose CYCLE & CORE 12:15-1:15 Lynnette ZUMBA 5:00-5:45 pm Jenny WEIGHTS FOR WOMEN* 5:30-6:45 pm Lynnette PILATES 6:00-7:00 pm Debbie YOGA 7:15 - 8:30 pm Michael	RISE AND SHINE BOOTCAMP 5:30-6:30 am Susan STRONG & STABLE 8:15-9:00 am Paul BOSU BODY BURN 9:30-10:45 am Jeri PILATES 12:00-1:00 pm Jennifer JAZZERCISE 5:30-6:30 pm Rachel WEIGHTS FOR WOMEN* 5:15-6:00 pm Courtenay POWER PUMP 6:45-7:45 pm Melanie	POWER PUMP+ 5:45-7:00 am Kate WEIGHTS FOR WOMEN* 7:00-7:45 am Courtenay JAZZERCISE 9:30-10:30 am Rose POWER PUMP 12:00-1:00 pm Courtenay RIPPED 5:30-6:30 pm Jeri/Courtenay WEIGHTS FOR WOMEN* 5:30-6:45 pm Lynnette STUDIO B	ATHLETIX* 6:00-7:00 am Mark ZUMBA 9:00-9:45 am Tina RIPPED 9:45-10:45 am Tina VINYASA YOGA 12:00-1:00 pm Holly	JAZZERCISE 8:30-9:30 am Variety PILATES 9:45-10:45 am Shannon	<p>If new to class, please come a few minutes early to speak with instructor!</p> <p>BAC policy requires a 3 participant</p> <p>* YOU MUST PRE-REGISTER</p>

GRAVITY*—GTS Gravity uses an individual's body weight as resistance, utilizes a cable and pulley system and free-motion glideboard. Adjustable to nine different levels of resistance, the machine engages all major muscle groups and facilitates more than 250 strength training, stretching and Pilates exercises. Space is limited to 4 participants for 45 minute classes.

TACFIT*—Tacfit is an intense 30 minute functional training class. It is a circuit based class that has varying levels of intensity to meet the needs of almost all levels of fitness. All exercises are chosen and arranged in such a way to improve body awareness, joint mobility, cardiovascular endurance, and strength.

SMALL GROUP GRAVITY* CLASS SCHEDULE—CONTACT DOWNTOWN FRONT DESK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CYCLING INTERVAL 12:15-1:15 pm Jim	CYCLING INTERVAL 6:00-7:00 am Cheryl CYCLE & CORE 6:30-7:30 pm	CYCLING INTERVAL 12:15-1:15 pm Mary CYCLING INTERVAL 5:00-6:00 pm	CYCLING INTERVAL 9:00-10:00 am Bryn/Jim CYCLE & CORE 6:30-7:30 pm	CYCLING INTERVAL 12:15-1:15 pm Lisa S	

A LIST OF ALL CLASS DESCRIPTIONS CAN BE FOUND ONLINE UNDER "GROUP EXERCISE CLASSES"



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CORDATA

MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ATHLETIX* 6:00-7:00 am Mark	ATHLETIX* 6:00-7:00 am Mark	ABS* 6:00-7:00 am Mark	ATHLETIX* 6:00-7:00 am Mark			
RETROFIT(G) 8:30-9:30 am Susan	ATHLETIX* 9:15-10:15 am Mark	RETROFIT(G) 8:30-9:30 am Debbie	YOGA 8:00-9:00 am Holly	RETROFIT(G) 8:30-9:30 am Jenny	POWER PUMP 8:30-9:45 am Michelle	
CARDIO MIX 9:00-10:00 am Tina	ZUMBA (G) 9:15-10:15 am Sarah	MAX INTENSITY INTERVAL STEP 9:00-10:00 am Lisa	ZUMBA (G) 9:15-10:00 am Sarah	AEROBIC POWER CHALLENGE 9:00-10:00 am Lisa P.		
JAZZERCISE(G) 9:45-10:45 am Karin	RIPPED 9:30-10:30 am Michelle	JAZZERCISE(G) 9:45-10:45 am Karin	PILATES 9:30-10:30 am Debbie	ATHLETIX* 9:15-10:15 am Mark		
POWER PUMP 10:00-11:00 am Tina	PILATES 10:45-11:45 am Debbie		TRX* (G) 10:00-11:00 am Mark	JAZZERCISE (G) 9:45-10:45 am Variety	ZUMBA 10:00-11:00 am Variety	
		POWER PUMP 12:00-1:00 pm Melanie	STEP 12:00-1:00 pm Debbie	PILATES 10:30-11:30 am Jennifer		
YOGA LEVEL 1 4:30-5:45 pm Wendy						RESERVED 1:30-3:00 pm
BOOT CAMP(G) 5:30-6:30 pm Mark		BOOT CAMP(G) 5:30-6:30 pm Mark	TRX* (G) 5:30-6:30 pm Mark			
BODY BLAST 5:45-6:45 pm Lisa S	POWER PUMP 5:30-6:30 pm Shannon	ZUMBA 5:30-6:30 pm Roxie	BODY BLITZ 5:30-6:30 pm Lisa S.			

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

SCHEDULE ALSO AVAILABLE ONLINE AT: www.bellinghamathleticclub.com

ATHLETIX*—Sculpt and train your body like an athlete. Mark's 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 will-power!

WEIGHTS FOR WOMEN*—Get the benefits of a personal training session in a dynamic group atmosphere! Our Weights for Women program runs throughout the year. Sessions are two days per week for 75 minutes. For more information and start dates, please contact the front desk.

TOTAL 60*—Provides you with 60-minutes of total body exercise. See how Total-60 increases mobility, strengthens your core, elevates your metabolism, strengthens your body through full-body movement, and increases your flexibility all in 60-minutes. Whether you are new to exercise or seasoned veteran Total-60 will challenge participants of all fitness levels and abilities.

TRX*—The TRX Suspension Training system is a lightweight, all in one piece of equipment that is quickly becoming the ultimate way for people to "functionally train." Train multiple muscles at once, in multiple planes of movement, for a workout unlike anything you have ever experienced. TRX participants will see improved core stability, muscular strength, muscular endurance, flexibility, and overall body mobility.

A LIST OF ALL CLASS DESCRIPTIONS CAN BE FOUND ONLINE UNDER "GROUP EXERCISE CLASSES"