



# GROUP EXERCISE

Effective May 1, 2017. See other side for Cordata information.

## DOWNTOWN

www.bellinghamathleticclub.com

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY      SUNDAY

POWER HOUR 5:30-6:30 am Susan	POWER PUMP+ 5:30-6:30 am Kate	RISE AND SHINE BOOTCAMP 5:30-6:30 am Susan	STRONG 5:30-6:30 am Kate			
	CYCLING INTERVAL 5:45-6:30 am Jeremy		CYCLING INTERVAL 6:00-7:00 am Megan			
STRONG & STABLE 8:30-9:15 am Lesley	JAZZERCISE 7:15-8:15 Elena	STRONG & STABLE 8:30-9:15 am Lesley	JAZZERCISE 7:15-8:15 am Elena		JAZZERCISE 8:30-9:30 am Elena	
GENTLE YOGA 9:30-10:45 am Wendy	STRENGTH & STRETCH 8:30-9:15 am Lesley	HIIT 9:30-10:30 am Jeri		ZUMBA 9:00-9:45 am Tina	CYCLING INTERVAL 9:00-10:00 am Bryn	
Triple Threat 12:00-1:00 pm Cindy		PILATES 12:00-1:00 pm Jennifer		TBC 9:45-10:45 am Tina	PILATES 9:45-10:45 am Shannon	
		CYCLING INTERVAL 12:15-1:15 pm Mary	STRONG 12:00-1:00 pm Melissa	INTERMEDIATE YOGA 12:00-1:00 pm Tara		
CYCLE & CORE 12:00-1:00 pm Melissa	CYCLE & CORE 12:00-1:00 pm Lesley	WEIGHTS FOR WOMEN* 4:15-5:00PM Alexa		CYCLING INTERVAL 12:15-1:15 pm Courtenay	<p>If new to class, please come a few minutes early to speak with instructor!</p> <p>BAC policy requires a 3 participants minimum for a class to be held.</p> <p><b>*Fee Required</b></p>	
WEIGHTS FOR WOMEN* 4:15-5:00PM Alexa	ZUMBA 5:15-6:00 pm Amy	WEIGHTS FOR WOMEN* 5:30-6:15PM Crystal	TRX* 5:30-6:30 pm Melissa			
JAZZERCISE 5:30-6:30 pm Elena	YOGA 7:00 - 8:15 pm Michal	CYCLING INTERVAL 5:00-6:00pm Bryn	RIPPED 5:30-6:30 pm Jeri			
		JAZZERCISE 5:30-6:30 Elena				

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

	<b>INSANITY</b> 5:45-6:45 am Heather		<b>INSANITY</b> 5:45-6:45 am Heather	TBC (G) 5:45-6:45am Heather		
<b>RETROFIT</b> 8:30-9:30 am Sara				<b>RETROFIT (G)</b> 8:30-9:30 am Lesley	<b>POWER PUMP CHALLENGE</b> 8:30-9:45 am Heather	
<b>CARDIO MIX(G)</b> 9:00-10:00 am Tina	<b>ZUMBA(G)</b> 9:30-10:30 am Amy	<b>DANCE JAM</b> 9:00-10:00 am Patti	<b>Zumba/Cize (G)</b> 9:30-10:30 am Cindy	<b>DANCE JAM</b> 9:00-10:00 am Patti	<b>ZUMBA (G)</b> 9:30-10:30 am Maria	
<b>WEIGHTS FOR WOMEN*</b> 9:15-10:00 am Crystal	<b>PUMP &amp; HIIT</b> 9:30-10:30 am Melissa		<b>YOGA</b> 9:30-10:30 am Michal	<b>WEIGHTS FOR WOMEN*</b> 9:15-10:00 am Tiffany		
<b>STRONG(G)</b> 10:00-11:00 am Tina	<b>TRX*(G)</b> 10:45-11:45am Melissa					
	<b>PILATES</b> 10:45-11:45 am Jennifer		<b>HIIT (G)</b> 10:30-11:30 am Tina	<b>PILATES</b> 10:30-11:30 am Jennifer		<b>STEP</b> 10:30-11:30 am Cindy
<b>Gentle Yoga Mix</b> 4:15-5:30 PM Mandy		<b>TBC</b> 12:00-1:00pm Tina				
<b>Weights for Women*</b> 5:30-6:15pm Crystal	<b>Weights for Women*</b> 5:30-6:15pm Alexa		<b>Beach Body Boot Camp*(G)</b> 4:15-5:00Pm Mikayla		<p>If new to class, please come a few minutes early to speak with instructor!</p> <p>BAC policy requires a 3 participants minimum for a class to be held.</p> <p>(G) Class takes place in Gym</p> <div style="background-color: #ADD8E6; padding: 5px; margin-top: 10px;">*Fee Required</div>	
<b>BOOT CAMP (G)</b> 5:30-6:30 pm Jeremy	<b>KICKBOXING/ POWER</b> 5:30-6:30 pm Leah	<b>BOOT CAMP (G)</b> 5:30-6:30 pm Jeremy	<b>Weights for Women*</b> 5:30-6:15pm Alexa			
<b>RIPPED</b> 5:45-6:45 pm Jeri		<b>ZUMBA</b> 5:30-6:30pm Ben	<b>BARRE/PILATES</b> 5:30-6:30 pm Lesley	<b>ZUMBA</b> 5:45-6:45 pm Celine		
<b>Mixedfit</b> 7:00-8:00 pm Ben						

SCHEDULE ALSO AVAILABLE ONLINE AT: [www.bellinghamathleticclub.com](http://www.bellinghamathleticclub.com)