



GROUP EXERCISE

Effective October 30, 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 Janet			
STRONG & STABLE 8:30-9:15 am Lesley	JAZZERCISE 7:15-8:15 am 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 Leslie	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	
		PILATES 12:00-1:00 pm Jennifer		TBC 9:45-10:45 am Tina		
Step & Pump 12:00-1:00 pm Cindy	TBC 12:00-1:00 pm Lesley	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		WEIGHTS FOR WOMEN* 4:15-5:00 pm Alexa		CYCLING INTERVAL 12:15-1:15 pm Courtenay		
WEIGHTS FOR WOMEN* 4:15-5:00 pm Alexa	ZUMBA 5:30-6:15 pm Amy	WEIGHTS FOR WOMEN* 5:30-6:15 pm Crystal				
GENTLE YOGA 4:15-5:15 pm Elena	YOGA 7:00 - 8:15 pm Elena	CYCLING INTERVAL 5:00-6:00pm Bryn	RIPPED 5:30-6:30 pm Jeri			
JAZZERCISE 5:30-6:30 pm Elena		JAZZERCISE 5:30-6:30 pm Elena				

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

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

***Fee Required**

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

	INSANITY 5:45-6:45 am Heather		INSANITY 5:45-6:45 am Heather	TBC (G) 5:45-6:45am Heather		
RETROFIT (G) 8:30-9:30 am Sara		RETROFIT (G) 8:00-8:45 am Sara		RETROFIT (G) 8:30-9:30 am Lesley	POWER PUMP CHALLENGE 8:30-9:45 am Heather	
CARDIO MIX 9:00-10:00 am Tina	ZUMBA(G) 9:30-10:30 am Cindy	DANCE JAM 9:00-10:00 am Patti	Zumba/Cize (G) 9:15-10:15 am Cindy	DANCE JAM 9:00-10:00 am Patti	ZUMBA (G) 9:30-10:30 am Maria	
WEIGHTS FOR WOMEN* 9:15-10:00 am Crystal	PUMP & HIIT 9:30-10:30 am Melissa		YOGA 9:30-10:30 am Michal	WEIGHTS FOR WOMEN* 9:15-10:00 am Tiffany		
STRONG 10:00-11:00 am Tina			HIIT (G) 10:15-11:15 am Tina			
	PILATES 10:45-11:45 am Jennifer	BARRE & MAT 10:45-11:45 am Tina		PILATES 10:30-11:30 am Jennifer		STEP 10:30-11:30 am Cindy
		TBC 12:00-1:00 pm Tina			<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; display: inline-block;">*Fee Required</div>	
Weights for Women* 5:30-6:15 pm Crystal	Weights for Women* 5:30-6:15 pm Alexa		Weights for Women* 5:30-6:15 pm Alexa			
BOOT CAMP (G) 5:30-6:30 pm Jeremy	KICKBOXING/ POWER 5:30-6:30 pm Leah	BOOT CAMP (G) 5:30-6:30 pm Jeremy	BARRE/PILATES 5:30-6:30 pm Lesley			
Power Pump 5:30-6:30 pm Heather		ZUMBA 5:30-6:30 pm Celine	POWER YOGA 6:40-7:40 pm Liza	ZUMBA 5:45-6:45 pm Celine		