



www.bellinghamathleticclub.com

GROUP EXERCISE

Effective November 20, 2017. See other side for Cordata information.

DOWNTOWN

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Power Hour 5:30-6:30 am Susan	Power Pump+ 5:30-6:30 am Kate	Rise & 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	
				TBC 9:45-10:45 am Tina		
Step & Pump 12:00-1:00 pm Cindy	TBC 12:00-1:00 pm Lesley	Pilates 12:00-1:00 pm Jennifer	Strong 12:00-1:00 pm Melissa	Intermediate Yoga 12:00-1:00 pm Tara		
Cycle & Core 12:00-1:00 pm Melissa		Cycling Interval 12:15-1:15 pm Mary		Cycling Interval 12:15-1:15 pm Jim		
Gentle Yoga 4:15-5:15 pm Elena						
Weights for Women* 4:15-5:00 pm Alexa		Weights for Women* 4:15-5:00 pm Alexa				
Weights for Women* 5:00-5:45 pm Crystal		Cycling Interval 5:00-6:00pm Bryn				
Jazzercise 5:30-6:30 pm Elena	Zumba 5:30-6:15 pm Amy	Weights for Women* 5:30-6:15 pm Crystal	Ripped 5:30-6:30 pm Jeri			
	Yoga 7:00 - 8:15 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				
Power Pump 5:30-6:30 pm Heather	Kickboxing/Power 5:30-6:30 pm Leah	Zumba 5:30-6:30 pm Celine	Barre/Pilates 5:30-6:30 pm Lesley			
Boot Camp (G) 5:30-6:30 pm Jeremy	Weights for Women* 5:30-6:15 pm Alexa	Boot Camp (G) 5:30-6:30 pm Jeremy	Weights for Women* 5:30-6:15 pm Alexa	Zumba 5:45-6:45 pm Celine		
			POWER YOGA 6:40-7:40 pm Liza			

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(G) Class takes place in Gym

*Fee Required