



www.bellinghamathleticclub.com

GROUP EXERCISE

Effective June 18, 2018. See other side for Cordata information.

DOWNTOWN

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

Cardio-Flex 40/20 5:30-6:30 am Susan	Power Pump+ 5:30-6:30 am Kate		Strong 5:30-6:30 am Kate			
		PiYo 7:00-8:00 am Melissa				
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		
				TBC 9:45-10:45 am Tina		
Step & Pump 12:00-1:00 pm Cindy		Pilates 12:00-1:00 pm Jennifer	Strong 12:00-1:00 pm Melissa	Intermediate Yoga 12:00-1:00 pm Elena		
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						
Jazzercise 5:30-6:30 pm Elena	Step 5:30-6:30 pm Patti	Weights for Women* 5:00-5:45 pm Crystal	Ripped 5:30-6:30 pm Jeri			
	Yoga 6:45 - 8:00 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"



www.bellinghamathleticclub.com

GROUP EXERCISE

Effective June 18, 2018. See other side for Downtown information.

CORDATA

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	
Dance Bootcamp 9:00-10:00 am Tina	Zumba (G) 9:30-10:30 am Cindy	Cardio Mix 9:00-10:00 am Patti	Zumba(G) 9:15-10:15 am Cindy	Dance Your Abs off 9:00-10:00 am Patti	Zumba (G) 9:30-10:30 am Cindy/Maria	
Weights for Women* 9:15-10:00 am Crystal	Pump & HIIT 9:30-10:30 am Melissa	Stretch 10:00-10:15 am Patti	Yoga 9:30-10:30 am Michal	Weights for Women* 9:15-10:00 am Tiffany	PiYo Last Saturday of the month only! 10:00-11:00 am Melissa	
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 10:15-11:15 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>	
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* (G) 5:30-6:15 pm Alexa	Zumba 5:45-6:45 pm Celine		
PiYo 6:45-7:45 pm Melissa			POWER YOGA 6:40-7:40 pm Liza			

SCHEDULE ALSO AVAILABLE ONLINE AT: www.bellinghamathleticclub.com