



GROUP EXERCISE

Effective March 1, 2019. See other side for Cordata information.

DOWNTOWN

www.bellinghamathleticclub.com

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

REVOLUTION Cycling 5:45-6:30 am Jill	Power Pump+ 5:30-6:30 am Kate	Rise & Shine Bootcamp 5:30-6:30 am Susan	Strong 5:30-6:30 am Kate	REVOLUTION Cycling 5:45-6:30 am Jill		
		REVOLUTION Cycling 6:00-6:45 am Melissa				
	Cardio Dance & Fitness 7:15-8:15 am Elena	PiYo 7:00-8:00 am Melissa	Cardio Dance & Fitness 7:15-8:15 am Elena		REVOLUTION Cycling 7:15-8:00 am Variety	
Strong & Stable 8:30-9:15 am Lesley	Strength & Stretch 8:30-9:15 am Lesley	Strong & Stable 8:30-9:15 am Lesley		Zumba 9:00-9:45 am Tina	Cardio Dance & Fitness 8:30-9:30 am Elena	
Gentle Yoga 9:30-10:45 am Elena		HIIT 9:30-10:30 am Jeri		TBC 9:45-10:45 am Tina		
STEP & Pump 12:00-1:00 pm Cindy	REVOLUTION Cycling 12:00-12:45 pm Lesley	Pilates 12:00-1:00 pm Jennifer	REVOLUTION Cycling/Strong 12:00-1:00 pm Tina	Intermediate Yoga 12:00-1:00 pm Elena		
Gentle Yoga 4:15-5:15 pm Elena						
Weights for Women* 4:30-5:15 pm Alexa		Weights for Women* 4:30-5:15 pm Alexa				
Weights for Women* 5:00-5:45 pm Crystal		Weights for Women* 5:00-5:45 pm Crystal		REVOLUTION Happy Hour Cycling 5:15-6:15 pm Courtenay McFadden		
Cardio Dance & Fitness 5:30-6:30 pm Elena	REVOLUTION Cycling 5:30-6:15 pm Jeremy/Melissa	Cardio Dance & Fitness 5:30-6:30 pm Elena	REVOLUTION Cycling 5:45-6:30 pm Liza			
	Yoga 6:45 - 8:00 pm Frederica		Flow Yoga 6:45 - 7:45 pm Liza			

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

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 Theresa		Retrofit (G) 8:30-9:30 am Theresa		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	HIIT 9:30-10:30 am Jeri/Patti	Stretch 10:00-10:15 am Patti	Yoga 9:15-10:30 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			STEP 10:30-11:30 am Cindy
	Pilates 10:45-11:45 am Jennifer			Pilates 10:15-11:15 am Jennifer		
		TBC 12:00-1:00 pm Tina				
	Martial Arts* 4:00-5:15 pm Tanner		*Martial Arts 4:00-5:15 pm Tanner			
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	HIIT (G) 5:30-6:30 pm Heather	Zumba 5:45-6:45 pm Celine		
					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. (G) Class takes place in Gym *Fee Required	